



SEVENTH-DAY  
**ADVENTIST**  
CHURCH

*Caribbean Union Conference*  
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November 1, 2010

**Health Directors**  
**HAC Committee Members**

Dear Health Directors:

Greetings in the name of the Lord!

There has been a tremendous focus on health in the International Media. One cannot miss the concerns expressed in relation to cancer. The premature death of the Prime Minister of Barbados, David Thompson at age 48, pulled the interest-trigger throughout the region. He suffered from pancreatic cancer – one of the mystery cancers on this planet.

In the October 22-24, 2010 edition of USA Today, it is estimated that diabetes cases may double by 2050, and perhaps triple, with one in three having the disease. There are positive reasons and negative reasons presented by the experts.

People are being diagnosed earlier and living longer with diabetes due to good control of blood sugar and diabetes medications. Let us proceed to the darker side of this disease. According to the journal Health Metrics and CDC director, Ann Albright, obesity is fuelling the stark predictions for diabetes and should be “taken seriously.”

Duke University endocrinologist, Susan Spratt says that schools are a good place to start. She recommends food options in schools and daily physical education classes. Then she comes to the policy issues which require tough measures:- “Vending machines should not sell sugar soda or candy bars. School fundraisers should not revolve around unhealthy food.” The CDC estimates the current cost of diabetes at \$174 billion annually.

Leaders in the Caribbean should note diabetes is the leading cause for adult blindness, kidney failure, limb amputation, heart attacks and stroke. It is now linked to dementia, some forms of cancer and lung disease. Therefore, let us continue to promote vigorously the NEWSTART program and book, “*Take Charge of Your Health.*”

May God continue to bless you.

Yours Respectfully,

Dr Clive Dottin, Director  
**HEALTH MINISTRIES**

CD/cj