

## Diabetes Source - our online pharmacy & resources centre!

Are you using an insulin pump to manage your diabetes? Visit [Diabetes Source](#) or [contact us](#) to check out our very competitive prices on pump supplies!

## Diabetes Education Workshops

Visit the front desk at your clinic to sign up for any of our workshops, taught by our team of Certified Diabetes Educators.

- \*Living With Diabetes
- \*Carb Awareness
- \*Pattern Management
- \*Advanced Skills
- \*Conquering Cholesterol
- \*Supermarket Smarts

## Let Us Help!

Do you have a friend or family member who has Diabetes and is struggling with their Diabetes Management? We can help!

Have them email us at [referrals@lmc.ca](mailto:referrals@lmc.ca)  
or call us at  
**1-866-701-ENDO.**

## Team LMC in the Spring into Action Walk or Run for Diabetes

# LMC Insider

## Greetings!

We're very proud to share the news with you that we have once again been named one of [Canada's Best Workplaces!](#)

We are very grateful for this recognition of our work and our pride in fulfilling our mission as Diabetes Experts in Canada.



We're building...  LMC DIABETES & ENDOCRINOLOGY

a medical home for our patients with Diabetes  
and a great workplace for our LMC family.



We don't have the lounge, the fitness centre, the foosball table.  
We do have a place of learning, empowerment and shared higher purpose - **Making Healthy Easier** for our patients and all providers in our Healthcare communities.

[www.lmc.ca](http://www.lmc.ca)



Team LMC is still going strong with our **FitBits**, and for those of you asking, they can be purchased from their website [here](#)). For the month of March, as National Nutrition Month, we decided to take it one step further (pun intended!) and challenge everyone to really add in more activity.

### The Top 3 Winners from March's FitBit Challenge:

**#1: Leandra, Registered Dietitian, LMC Montreal**  
Steps taken in March: 770,699  
Average steps per day: 24,861!

**#2: Lydia, Clinical Research Coordinator, LMC Bayview**  
Steps taken in March: 728,531  
Average steps per day: 23,501!

**#3. Sofia, Registered Dietitian, LMC Thornhill**  
Steps taken in March: 460,705

Want to get fit and support a great cause? Team LMC will be participating in the **Spring into Action Walk or Run for Diabetes** on **Saturday, May 2<sup>nd</sup>**.

Join us and participate in either the 2, 5 or 10km walk or run. The event will also be filled with a sunrise yoga warm-up, information booths, vendor's marketplace and more. There will be gift bags and medals for all participants.

Please call us at **1-866-701-3636** to find out more and get registration details.

## Stay Connected with Diabetes Source

Like us on Facebook 

Follow us on  **twitter**

 Join Our Mailing List

 Send to a Colleague

## Stay Supported!

2015 has been an exciting year. You've potentially set some goals for yourself as we have asked you to think differently about the foods you eat, the exercise that you do and the sleep that you get. Coming into Spring, take the time to re-evaluate these goals and consider the **support** you have to help you reach your goals.

Having different supports in place can help you in a variety of ways:

- Psychological well-being
- Tackling barriers to your goals
- Management of stress day-to-day
- Encouragement along the way!

At LMC we try to offer support not only through the care of our Endocrinologists & Diabetes Workshops but also through two specific ways highlighted below:

### Our Advanced Self-Care Program

- This program is for people taking oral diabetes medication and/or insulin with an A1C above 8%  
{A1c= your three-month average blood sugars, done by a lab test}
- Monthly visits for 6 months with a Diabetes Educator one-on-one (in the office OR via telephone)
- Goal is to talk about patterns in your blood sugars, address questions or concerns about your insulin/medications, and ultimately give you the sense of feeling more in control of your diabetes!

Interested in hearing more about this Self-Care Program? Ready to get back on track with your blood sugars? [Email us!](#)

### Our Type 1 Diabetes Bi-Monthly Meet Up

- Many people feel more supported when they know they're not alone in the challenges faced by living with type 1 diabetes
- Small groups of people meet every other month at our Bayview & Thornhill offices - no commitment required, many people join whenever they can!
- Strategies discussed include carb counting tricks, troubleshooting blood sugars around exercise, figuring out if pump therapy is a good option for you, travelling on injections or pumps, sensors (CGMs), new technology or new medications, and most importantly, **success stories!**

Interested in knowing about when the next one is? Email [Hailey](#) for the Thornhill group, or [Tracy](#) for the Bayview group and they'll put you on their contact list!

## **Are you a Smartphone user and want to help?**

As the technology industry continues to grow, health-related apps are becoming available that focus on helping you stay fit and healthy. Diabetes is no exception, and at LMC we're excited to be using the latest technology for studying blood sugar control.

By downloading a free iPhone application and wearing a CGM (continuous glucose monitoring device) we will be able to track information including physical activity, sleep patterns, meal composition and emotional/behavioural engagement, ultimately learning about day-to-day variability in glucose control.

LMC Specialists can help you get access to the newest diabetes technology to get a better understanding of your diabetes control.

**If you would like to learn more about ongoing diabetes studies, please email at [research@lmc.ca](mailto:research@lmc.ca) or call us at 1 866-701-3636.**

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LMC Diabetes & Endocrinology - Diabetes Education Program | [dep@lmc.ca](mailto:dep@lmc.ca) |