

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
or call us at
1-866-701-ENDO

Do you have Type 1

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LMC Insider

Greetings!



5 Ways To Eat Healthy at Restaurants

TIPS FROM LMC

It's that time of the year again! As the holidays approach, you may be tempted to eat when out and about. We want to make sure you stay on the right track! Here are 5 simple tips to help make healthier choices at restaurants!

1. Ask the server to bring out half the portion, while packing the rest. With only half the portion, you will be more satisfied when you finish what's in front of you. Plus, the packed half makes a great lunch for the next day!
2. Make healthy substitutions to ensure your plate is more balanced. Almost all restaurants will allow you to substitute the side of fries or mashed potatoes for healthy options such as salads or veggies. All you have to do is ask!
3. Read the menu carefully and look for key words such as grilled, roasted, baked and broiled. Avoid menu items with words such as fried, creamy, breaded, battered and loaded in the description.

diabetes? Are you looking to meet others like you?

Come join our monthly meet-ups at two of our Ontario offices, where newly diagnosed and diabetes veterans can share experiences and connect with others living with Type 1 diabetes.

Sometimes the group discusses specific topics, like how to manage blood sugars around exercise, or carb counting strategies at restaurants, and sometimes we just get together to chat!

Please contact [Tracy](#) (LMC Bayview) OR [Hailey](#) (LMC Thornhill) for more information.

Team LMC is still going strong with our **FitBits!** For those of you asking, they can be purchased from their website [here](#).

The LMC Leaderboard for September:

#1: Sofia K.
334,263

#2: Basti
321,051

#3: Lydia F., LMC
306,714

Together we can make a difference!
Participate in a study today!

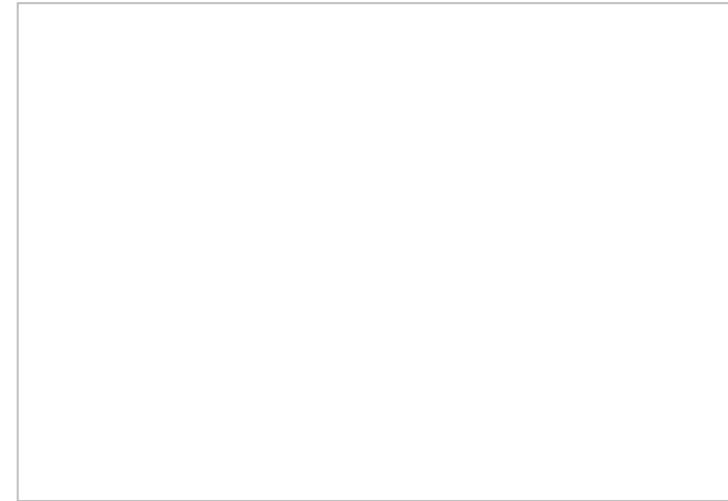
We are pleased to

4. Be wary of the seemingly healthy salad! Some salads are coated with so much dressing and extra high-calorie toppings, that you're better off having a regular entree. Ask for your dressing on the side so you can control the amount you add in. You can also try dipping your fork in the dressing and then piercing the salad to keep from having too much of the dressing.

5. Order one dessert for the entire table. For you, if a meal isn't a meal without dessert, then sharing something with the entire table is the better alternative to having your own super sized dessert. However, for the sake of your blood sugars and waist line, try to make sure this dessert isn't a regular occurrence. Exercise, swim, walk, do yard work, etc., to keep your body moving!

For more tips & tricks, click [here](#) to learn more!

Knowing the Highs and Lows of Type 1 Diabetes



Maintaining steady blood sugar levels without lows is a key therapeutic goal in type 1 diabetes. This can only be achieved with strict dietary control, consistent glucose monitoring, and appropriate insulin use throughout the day. It can be challenging to introduce a new activity or lifestyle change because of the constant changes one will have to make to keep their blood sugars at optimal levels. Sometimes these constant adjustments and changes can result in periods of higher blood sugar to help avoid dangerous lows.

There are medications currently under investigation to supplement insulin therapy by reducing the reabsorption of sugars back into the body. Working with a patient's current insulin regimen, these types of medications are hoping to decrease the occurrence of blood sugar highs, allowing for better control on a continuous basis.

If you would like to learn more about ongoing diabetes studies, email us at join@improvinghealth.ca or call us at

Learn about the importance of clinical research studies and how your involvement makes a positive impact.

To learn more about ongoing studies, email us at join@improvinghealth.ca or call us at 1-866-701-3636.

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Understanding Your Blood Pressure

Blood pressure is the force of blood against your blood vessels in the body - when this pressure gets too high, that's when hypertension occurs. When we visit our doctors and take a blood pressure reading, they give us two numbers to explain how blood is moving throughout our body. The top number (systolic) measures the pressure in the blood vessels when the heart beats and pushes blood out. The bottom number (diastolic) measures the pressure in the blood vessels between each beat when the heart fills with blood. A healthy blood pressure is 120/80 and for those with diabetes the target is 130/80. Over time, poorly managed blood pressure can cause damage to the blood vessels, increasing the risk of stroke, heart attack, kidney, and heart failure.

Having healthy habits is an important step to decrease these risks and keep our ticker happy and in check! A few things we can do are:

- Eat a healthy and well balanced diet
- Be physically active most days during the week
- Manage our stress
- Limit our salt & alcohol intake
- Watch our waist lines and
- Stop smoking

Be your best self, know your numbers, and take advantage of improving your health!

If you would like to learn more about ongoing studies, email us at join@improvinghealth.ca or call us at 1 844-266-2662.

LMC Diabetes & Endocrinology - Diabetes Education Program | dep@lmc.ca |