

## 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!

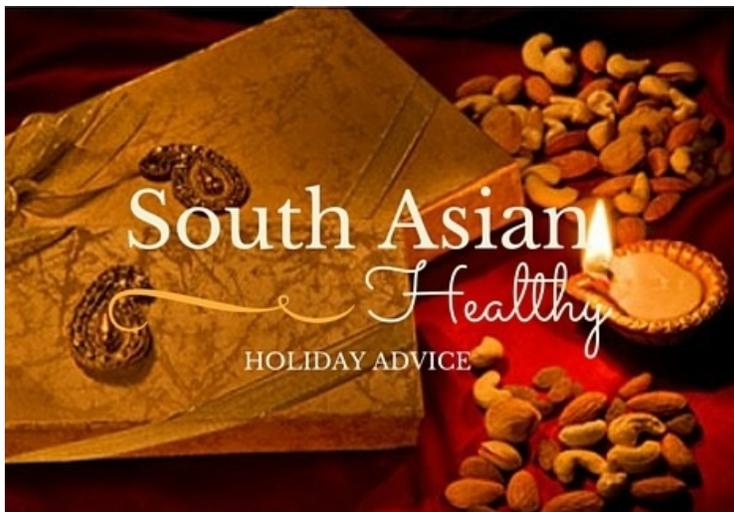
Do you have a friend or family member who has Diabetes and is struggling with their Diabetes Management? We can help!

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

## Do you have Type 1

# LMC Insider

## Greetings!



*Mithai, samosas, pakoras oh my!*

The holiday season for the South Asian community is approaching, and that means a higher intake of sweets and treats that will raise blood sugars if not properly managed.

Here are some healthy tips to keep you happy and on track while enjoying the holiday season.

### Swap out sugary gifts:

When visiting friends and family during Diwali and other festive events, instead of bringing sweets (mithai) or chocolate, try bringing almonds, walnuts or pecans. They have a higher nutritional value and can be kept longer. Fruit platters, or home decor items may also be a hit!

**Take a healthy dish to a party:** Offer to bring a dish to your next get together - the host will appreciate the gesture. Bring something vegetable-based (lower carbohydrate content) or you can even make a healthier version of a sweet dish.

**Try not to drink your calories:** Being the time of the season, alcoholic drinks are usually OVER-flowing, and these liquid calories can quickly increase our caloric intake - try sticking to water instead. If having alcohol, avoid mixing with sugary pops and juices as this

## 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: Basti**  
221,534

**#2: Lydia Frost, LMC**  
170,315

**#3: Sofia K**  
160,984

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

We are pleased to

will result in increased blood sugars.

**Keep up your exercise routine:** This time of year is extremely busy for everyone and exercise becomes our last priority. Try your best to keep it up and involve your family members for more motivation. Don't limit yourself to the gym - you can dance, swim, walk, do yard work, etc., to keep your body moving!

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

*Wishing you a happy and healthy holiday season!*



The **Ok To Yes** and **#WhyWeDoResearch** campaigns were started with the aim to raise awareness about research and create a conversation about its importance with members of the research

community, patients, and the general public.

Established in December 2014, the campaign consists of posing for a photo holding a place card explaining simply why one does research. With the hashtag #WhyWeDoResearch, the campaign snowballed across Twitter reaching 16 countries, having 3,533 participants within 6 months, over 30.5 million impressions, and over 33,600 tweets.

So why does LMC & Manna perform research?

Our mission at LMC Diabetes & Endocrinology and Manna Research is to enable wellness, embrace learning, and expand the therapeutic horizon. Through clinical research trials, we embrace our mission whole heartily.

Research allows us to continue providing all that we can in the journey of improved health and wellness for everyone. Our commitment is integrated in all that we do and the research we perform because together, through diabetes and medical research, we can make a difference.

**This is #WhyWeDoResearch.**

### When the urge to go becomes more frequent than normal

Our bodies are built to work 24/7 and are meant to be efficient at every single moment. The brain is constantly sending multiple messages and signals, monitoring every conscious and unconscious activity that takes place throughout the body. As we age, the messages being sent can become distorted and affect our

announce the launch of [improvinghealth.ca](http://improvinghealth.ca).

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](mailto:join@improvinghealth.ca) or call us at 1-866-701-3636.

## Stay Connected with Diabetes Source

Like us on Facebook 

Follow us on  **twitter**

 Join Our Mailing List

 Send to a Colleague

normal instincts and bodily functions.

Overactive bladder (OAB) is a common condition that affects nearly 1 in 5 Canadians over the age of 35. With more than half the elderly population experiencing OAB, it is estimated to be caused by neurologic impairment. New classes of medications have been approved in Canada, the U.S., and many other countries around the world to help treat the symptoms associated with OAB. They work by targeting muscles that cause the bladder to relax, allowing the body to better control the urgency and frequency associated with OAB. Currently, trials are being conducted by Manna Researchers to analyze the efficacy and safety of these medications for individuals living with OAB.

If you would like to learn more about ongoing studies, email us at [join@improvinghealth.ca](mailto:join@improvinghealth.ca) or call us at **1 844-266-2662**.

## Psoriasis : Signs, Symptoms, & Treatment

Psoriasis is a chronic inflammatory skin condition affecting 1 million Canadians and 125 million people worldwide. It is characterized by painful and/or itchy patches of dry, flaky, inflamed skin usually found on the elbows, knees, scalp, chest, and lower back. Affecting individuals of all ages, experts believe the inflammation caused by psoriasis may be due to malfunctioning of the immune system, triggering skin cells to shed at an abnormal rate. Psoriasis can also be triggered by a skin injury, medications, stress, weather, and hormones.

Several treatments are available to help manage psoriasis and the intensity of flare-ups in the future including: oral medications, light therapy, and topical treatments such as creams and ointments. The challenge is finding a treatment, or combination of treatments, that works best for each patient. Currently, new medications that aim to localize and decrease inflammation to treat the symptoms of psoriasis are under clinical trial at Manna Research.

If you would like to learn more about ongoing studies, email us at [join@improvinghealth.ca](mailto:join@improvinghealth.ca) or call us at **1 844-266-2662**.

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