

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

LMC Insider

Greetings!



As we begin to settle into fall routine, it is important to pack a protein punch at breakfast to get a jump start to the day. Having a balanced breakfast is important in maintaining consistent blood sugars, so that means filling your plate with good sources of carbohydrates and protein.

Incorporating protein rich foods at breakfast is a good idea because:

- *Protein does not raise blood sugars*
- *It helps manage blood sugar spikes by slowly absorbing sugars from carbs*
- *Protein breaks down slowly, making you feel fuller longer*

Protein is found in many kinds of food including: meat, poultry, fish, nuts, cheese, eggs, Greek yogurt, tofu, and peanut butter.

[Click here](#) to try one of these protein rich breakfast choices tomorrow morning and start your day off strong and ready to conquer!

Happy Eating!

**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: Lydia Frost, LMC
374,411

#2: Basti, LMC
318,799

#3: Dr. Boright, LMC
273,926

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

We are pleased to



The Type 1 Diabetes TrialNet research team is part of an international network dedicated to the study and prevention of Type 1 Diabetes.

TrialNet screening involves a simple blood test to check for diabetes-related antibodies that may appear years before Type 1 Diabetes develops. First-degree relatives (siblings, children or parents) one to 45 years old, as well as second-degree relatives (cousins, uncles, aunts, nieces, nephews, grandchildren or half-siblings) one to 20 years old may be screened to determine their risk of developing Type 1 Diabetes. TrialNet currently offers screening at sites across Canada including Toronto, Calgary, Edmonton, Vancouver, Winnipeg, Halifax, St. Johns, Hamilton, London, Montreal, and Ottawa. We can also send you a screening test kit if a site is not in your area.

TrialNet is also currently conducting three Type 1 Diabetes prevention trials: Oral Insulin Study, Abatacept Study, and Teplizumab Study which all focus on delaying or preventing the onset of Type 1 Diabetes.

For more information or to get screened call us toll free at **1-866-699-1899** or visit www.trialnet.org

Follow us on [Facebook](#) & [Twitter](#)
[@T1D_TrialNet](#)

Breathe In... Breathe out... Repeat



Our bodies breathe in and out approximately 22,000 times a day without us even noticing. For the 3 million Canadians who live with asthma, breathing isn't as easy and can become increasingly difficult to deal with. Asthma is a chronic inflammatory disease that affects

announce the launch of 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 or call us at 1-866-701-3636.

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the airways of the lungs and is characterized by: coughing, wheezing, shortness of breath, and chest tightness. Inhaled corticosteroids (ICS) are used to directly target this inflammation, and help control future asthma symptoms and attacks.

There are some individuals who cannot control their asthma with ICS treatments alone. Long-acting beta₂-agonists (LABA) are used with ICS to treat moderate to severe asthma symptoms. LABAs work by relaxing the muscle lining of the airways to improve breathing and air supply to the lungs. Currently, studies are being conducted by Manna Researchers to assess the efficacy of LABA medications for the treatment of uncontrolled asthma symptoms and attacks.

If you would like to learn more about ongoing studies, email us at join@improvinghealth.ca or call us at **1 866-701-3636**.

Aging with Type 2 Diabetes

Type 2 Diabetes is when the body cannot produce enough insulin, or becomes resistant to the insulin it makes. Though its cause is unknown, there are many factors that put an individual at risk of developing it in their life. Aging is associated with major changes in the body, so when it's paired with years of poor diet and sedentary behavior, the risk of insulin resistance leading to Type 2 diabetes can greatly increase.

When diagnosed with diabetes at an older age, treatment selection differs greatly to avoid further advanced health risks. The use of basal, or long acting, insulin is looked at as being an under-utilized treatment option for people living with Type 2, especially those in their senior years. Researchers at LMC are conducting clinical trials that are looking at the positive effects of insulin therapy with seniors who are living with Type 2 diabetes. These trials are designed to confirm the overall safety of this treatment, and how it can decrease the rate of hypoglycemia events among the aging population.

If you would like to learn more about ongoing diabetes studies, email us at join@improvinghealth.ca or call us at **1 866-701-3636**.

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