



## 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 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

# LMC Insider

## Greetings!



The number of people who forgo their New Year's resolutions by the end of January is 1 in 3: Top reasons include being too busy or not being committed to their goals in the first place. Setting goals for the New Year is a great way to focus on the changes you would like to make.

Changing the way you make your goals can be a powerful tool in making your goals successful. The best way to set goals is to use the **S.M.A.R.T method**.

**Specific:** The more specific you are, the better.

**Measurable:** If you want to "improve your health" that's great - but you can't measure health directly. Make your goals around a specific behaviour that you can measure.

**Achievable:** To achieve means that you have reached your goal. Don't set a goal that is going to be too hard to reach.

**Realistic:** The goals you set need to be realistic.

**Time-Related:** Having a time frame attached to your goals is important. Not having enough time is something we all struggle with, so attaching a time frame to your goal will help you prioritize them.

### Tips on Getting Started on Making Behavior SMART Goals:

1. **Start small and pace yourself.** Start small and easy. You may find it easier to do one goal at a time - only you know what is

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 [Carmen Lovsin](#) for more information.

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

### **The LMC Leaderboard for Dec 2016:**

**#1: Heather T.**  
388,090 steps

**#2: Peter**  
348,524 steps

**#3: Pushpendra**  
338,766 steps

### **Learn how you can get a FREE CGM today!**

LMC has an awesome study in Ontario that is looking at how a new technology may help better control Type 1 Diabetes in teens 12-17 years old.

Senseonics Inc. has developed a Continuous Glucose Monitoring (CGM) system that measures blood sugar levels on a consistent basis for people living with diabetes.

Speak with one of the diabetes specialists at LMC today!

**1-866-701-3636**  
[join@improvinghealth.ca](mailto:join@improvinghealth.ca)

### **Adventure seeker with Type 1 Diabetes?**

Check out our friends at **[Connected in Motion](#)** and see how you can participate in one of their events today!

realistic for yourself!

#### **2. Expect Set Backs**

- Write down when and why they happened and move on.
- If you find yourself going off track for a day or two do not quit on your habit - it's normal!

#### **3. Stick with It.** It takes a minimum of 21 days for your new behaviour to become a habit

**Turn your SMART Goals into New Habits That Stick!  
All the best in making 2017 your best year yet!**

Read the full article at [DiabetesSource.ca](#)



**SUFFERING WITH SEASONAL FLU?**

You may be able to help the NIGHTHAWK study test a potential new flu treatment.

- No-cost study medication
- No-cost study-related medical care
- Compensation for time and travel

**Nighthawk**

**Volunteer today.**  **LMC | Manna Research**

**Call 416.740.2895 (Toronto Site)**  
**Call 604.336.8438 (Vancouver Site)**

**1-866-701-3636**

[join@improvinghealth.ca](mailto:join@improvinghealth.ca)  
[improvinghealth.ca](http://improvinghealth.ca)

### **Class is back in session! Join a FREE Diabetes Education Class in 2017!**

Let one of our Diabetes Education Specialists help you take control of your health! Our goal is to empower you to self-manage your diabetes, by providing support in both small group & individual sessions.

Our Certified Diabetes Educators can provide information on:

- Diabetes prevention
- Type 1 & 2 Diabetes

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

We are pleased to 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**

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 Send to a Colleague

- Insulin pump therapy
- Innovative treatment options

To learn more about classes that we have available, click [HERE](#) for more information!

**SIGN UP FOR YOUR FREE CLASS ▶**



**Do you have  
Type 2  
Diabetes?**

**1-866-701-ENDO  
improvinghealth.ca**

**Join us in a study today!  
Compensation is available.**

**1-866-701-3636**

[join@improvinghealth.ca](mailto:join@improvinghealth.ca)  
[improvinghealth.ca](http://improvinghealth.ca)

### [Canadian Clinical Research Participation Survey](#)



**CCTCC**  
Canadian  
Clinical Trials  
Coordinating Centre

**CCCEC**  
Centre canadien  
de coordination  
des essais cliniques

The Canadian Clinical Trials Coordinating Centre (CCTCC) would like to hear from patients and study volunteers about their experience with clinical trials!

Any individual who have been approached to participate in a clinical trial, and has either **declined**, **did not qualify**, or **participated** is invited to respond to the survey below!

Results from this survey will be used to inform researchers, research sponsors and policymakers across Canada to aid in improving study design, clinic operations and research site procedures to reduce barriers to research participation and improve the experience for study participants.

**[If you are interested to participate in this survey,  
please click here!](#)**

