



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 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!



February is **Heart Month** and **Valentine's Day** - this is a great time to start taking steps to be heart-healthy. Cardiovascular disease or heart disease is the number one killer in Canada. A number of risk factors, alone or in combination, can lead to increased risk for heart disease:

- * **Smoking**
- * **Diet high in saturated fat**
- * **Physical inactivity**
- * **Stress**
- * **Family history of heart disease**
- * **Being overweight**

If you have high blood pressure, high cholesterol, and diabetes your risk for heart disease is much higher. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviors. That means that habits like eating healthfully, being active, and living smoke free have a big impact on your health!

This year, treat someone you care about to a heart healthy gift. Share the gift of love and good health with these 5 Heart Healthy Valentine's Day gift ideas.

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 January 2016:

#1: Lydia F.
525,739 steps

#2: Peter
401,211 steps

#3: Miriam
386,574 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

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!

1. DIY Edible Arrangements. Make your own bouquet by using wooden skewers and a variety of bite-sized fresh fruit such as cantaloupe, honeydew, grapes, pineapple and strawberries.

2. David's Teas. Indulge your sweetheart with guilt free teas such as White Chocolate Rose, Berry Romantic and Chocolate Macaroon.

3. Cook a Homemade Meal. Researchers found that eating out leads to a higher intake of sodium, fat and calories. Instead, prepare a heart healthy meal that is full of flavor and low in calories.

4. Healthy Dessert. If you are looking for a healthy dessert, we have a recipe for you! This creamy chocolate chia raspberry pudding is delicious and so good for you that you can even have it for breakfast! Click [here](#) for the full recipe.

5. Homemade Energy Bites. Skip the box of chocolates that are often loaded with refined sugars and unhealthy fats and make these [Almond Pistachio Cocoa Bites](#). With only 6 wholesome ingredients these treats can be made in no time and contain a host of healthy fats, fibre and protein to keep your loved one feeling full and energized.

Read the full article at [DiabetesSource.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
- 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 ▶

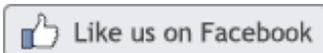
**Together we can
make a difference!
Participate in a study
today!**

We are pleased to 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**.

**Stay Connected with
Diabetes Source**



**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
improvinghealth.ca

**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
improvinghealth.ca

