



**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

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LMC Insider

Greetings!



Fall is in the air! And with fall comes the endless variety of pumpkin-infused foods; pumpkin spiced lattes, pumpkin bread, pumpkin ravioli, pumpkin granola - the options are endless! This versatile fall squash is loaded with nutrients and can be a great addition to your diet.

Beta carotene, the pro-vitamin that gives pumpkin its bright orange colour, is converted into Vitamin A in the body. Both nutrients are beneficial to health, as Vitamin A has been shown to boost immunity while beta carotene promotes eye health and has been linked to preventing heart disease. Whether your source of pumpkin is fresh or canned, one cup of [pumpkin](#) provides seven grams of fibre, three grams of protein and contains only 80 calories and one gram of fat.

There are plenty of great ways to add pumpkin into any meal - Whether it's with pumpkin seeds or its starchy flesh, pumpkin can boost nutrients and flavour to your favourite dishes. Here are 5 simple ways to include more pumpkin in your meals.

Oatmeal - For a creamy, warm and hearty breakfast, add 2 tablespoons of pumpkin puree to your morning oats. Sprinkle with cinnamon and chopped walnuts and you have a more nutritious version of pumpkin pie!

Baked goods - Swapping in pumpkin puree for butter or eggs serves as

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 September:

#1: Sonja
555,631 steps

#2: Lydia F.
401,012 steps

#3: Heather T.
273,751 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!

a moist, low-fat substitute. You can use about 1/4 cup of pumpkin per egg in baked goods. Pumpkin and squash puree can work as a direct one to one ratio substitute for oil. For butter, substitute about three-quarters of a cup pumpkin for each cup of butter.

Read more at [DiabetesSource.ca](#)

JDRF Revolution Ride in Calgary - #TeamLMC Participates



#TeamLMC in Calgary took part in the JDRF Revolution Ride to defeat diabetes this month! This high-energy stationary cycling event is taking place in 19 cities across Canada. This event is challenging Canadians to go further to defeat diabetes.

So proud of our LMC Calgary Team for taking part!
To learn more about JDRF, click [here](#).

(From left to right: Sarah, Lauren, Samantha, & Dianne)

Our Advanced Self-Care Program

On diabetes medication?
Checking your blood sugar?
Are the numbers just too confusing? Frustrating? Unexplainable? All of the above?!

LMC is excited to be running an **Advanced Self-Care Program** to help you learn more about patterns in your blood sugar and give you the tools to manage your diabetes.

The **Advanced Self-Care Program** offers the following:

- **Regular check-ins** with your diabetes educator over six months
- **An opportunity to try out the Bayer Contour USB meter** (which uses the most accurate test strips currently available)
- A focus on the skills to be able to **manage your diabetes on your own** & help you **become the expert** in your own individual diabetes care!



**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**

 Like us on Facebook

Follow us on 

 Join Our Mailing List

 Send to a Colleague

If you are taking *oral diabetes medications*, are unhappy with your current A1c, and want to learn more about recognizing patterns in your blood sugar, **please contact your LMC office and ask to speak to a diabetes educator** about the **Advanced Self-Care Program**. You can also email us at depinfo@lmc.ca for more information on the program.



Help us explore a
potential way to
protect your **Heart**.

Are you at risk of having heart disease?

You may be eligible for a clinical trial if you:

- Are using a statin to manage your cholesterol
- Have high triglyceride levels
- Have diabetes
- Have high blood pressure or kidney disease

Participants will be treated with omega-3 free fatty acids over a period of 3-5 years.

Contact the diabetes specialists at LMC to learn more.



866-701-ENDO (3636) or research@lmc.ca

TORONTO • OAKVILLE • ETOBICOKE • THORNHILL • BARRIE •
MARKHAM • BRAMPTON • CALGARY • MONTREAL

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