



**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

Volume 2, Issue 20 [August 2016]

LMC Insider

Greetings!



Berries contain the lowest amount of sugar and the highest amount of fibre per serving compared to other fruits. Blueberries may be small in size, but they pack in a powerful punch of antioxidants and polyphenols to help manage diabetes. In fact, one study found that those who were at risk for developing diabetes and ate two or more servings of blueberries per week had a 23 percent lower risk of developing type 2 diabetes than those who did not eat any blueberries. Anthocyanins, the compounds in blueberries that give them their rich colour, contain antioxidant properties, which may contribute to improved insulin sensitivity.

This summer take your family berry picking to get seasonal, fresh, local berries - freeze the leftovers so you can enjoy them during the off-season in oatmeal, smoothies and baked goods. Enjoy berries on their own or sprinkle some on your toast with nut butter, or add them onto your favorite cereal or Greek yogurt. You can even toss them in salads, such as this one [strawberry, chicken and avocado salad](#)

Here is how your favorite berry stacks up!

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.

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 August:

#1: Lydia F.
425,544 steps

#2: Heather T.
390,821 steps

#3: Pushendra
379,259 steps

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!



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

Type of Berries - 1 cup serving	Calories	Carbohydrates (grams)	Fiber (grams)	Sugars (grams)
Blueberries	84	20	3.5	14
Blackberries	63	14	8	7
Strawberries	49	12	3	7
Raspberries	65	15	8	5
Blackberries	62	14	8	7
Cranberries	46	12	5	4

Reference [here](#)

LMC visits Manna Research in Vancouver!



This month, members of LMC's research team paid a visit to our sister company Manna Research in Vancouver, BC. It was a productive week and great connections were made!

From left to right: Nazneen (Recruitment Team Lead, LMC/Manna), Tanya (Manager, Research Operations, LMC/Manna), Rachel (RN, Manna Vancouver), Dr. Arthur Vasquez (MD, PI, Manna Vancouver), Neila (Clinical Research Coordinator, Manna Vancouver)

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!


If you are taking oral diabetes medications, are unhappy with your current

Diabetes Source

 Like us on Facebook

Follow us on **twitter**

 Join Our Mailing List

 Send to a Colleague

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.

Do you have Type 1 Diabetes ?



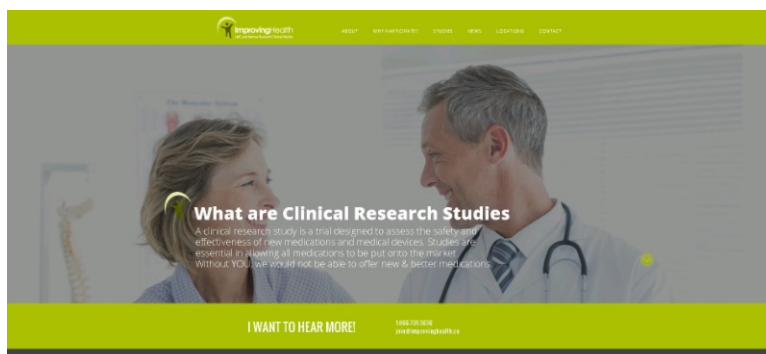
LMC is looking for individuals with Type 1 Diabetes to participate in a research study involving an experimental insulin medication that may help lower meal-time glucose levels.

Study related medication, supplies, and travel expenses may be provided.

Speak with a diabetes specialist today and see if you may be eligible.

Call
1-866-701-ENDO (3636)
or visit us online at improvinghealth.ca

Have you checked out ImprovingHealth.ca?



ImprovingHealth.ca is LMC & Manna Research's patient facing website all about clinical research at our 13 sites across Canada!

Interested to learn more about clinical trials?

Want to know why it is important to participate in clinical research?

Like to see what kind of research we have done, and are currently involved in?

Check out [ImprovingHealth.ca](http://improvinghealth.ca) page to learn more!

Want to take part in a study?
Visit the [Contact Us Page](#) to connect with someone at LMC and Manna Research to see if you may be eligible to participate.

