

**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!



Even if you haven't been indulging in rich, comforting meals all **winter**, chances are you've accumulated more unhealthy foods in your freezer, fridge and cupboard than you realize. To start the new season on the right foot, spring cleaning your food supply might be in order. Keep reading to learn our top 5 tips on how to spring clean your diet!

Clear your cupboards: For a healthy, well-stocked kitchen, avoid packaged foods that have more than 10 grams of sugar and have at least 3 grams of fibre and protein per serving. Store your pantry with whole grains such as quinoa, barley, oats, brown rice and whole wheat pasta, and low-sodium beans for a punch of protein and fiber. Keep cans of fatty fish like tuna, sardines and salmon to get those nutrient dense **omega-3s**. *When cleaning your pantry, it is a good idea to rotate your stock - place the older cans in front and the newer cans in the back.*

Swap in seasonal produce: To boost the flavor of your meals and increase variety in your diet - choose produce that are in season. Spring produce include asparagus, endive, apricots, radish, strawberries, broccoli, artichokes, and fennel. Check out this delicious shaved asparagus salad [recipe](#).

Careful with storage: Make sure that your food is stored in the correct place to stay at its peak freshness. Keep your oils stored in a cabinet away

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 February 2017:

#1: **Lydia F.**
467,959 steps

#2: **Peter**
467,483 steps

#3: **Sofia K.**
350,483 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!

from sunlight and store nuts and seeds in the fridge or freezer to preserve their freshness.

Place healthy foods at eye level: From the pantry to the fridge, place the nutrient-dense items at eye level, front and center, and put any treats in the back. This way, the healthier foods will be the first thing you see when you are searching for something to eat.

Stock up on smarter snacks: Choose whole foods such as raw almonds, pistachios, walnuts, pumpkin seeds, portioned out cheese wedges, hard boiled eggs, plain Greek yogurt, and air popped popcorn for a hearty dose of protein and fibre to keep you fueled between your meals.

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

Foot Care Services now available at LMC Ontario Clinics!



TAKE YOUR FIRST 'STEP' TOWARD BETTER HEALTH

Foot problems are common in people living with Diabetes. Routine foot care should be an essential part of managing your condition.

Call **1-844-LMC-FOOT (562-3668)** or email footcare@LMC.ca

Ask our front desk for details

Visit us online at www.LMC.ca/foot-care

SIGN UP
FOR YOUR INITIAL
ASSESSMENT
WITH OUR LMC
CHIROPODIST

LMC Type 1 Ski & Snowboard Day

**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**

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 Send to a Colleague



On Sunday March 5th, the Team at LMC, alongside our friends at Connected in Motion and Riding on Insulin, hosted a Type 1 Teen Ski Event up at Mt. St. Louis Moonstone in Coldwater, ON!

As the teens hit the slopes, our attending parents sat in on networking sessions in the morning, and joined in on the outdoor fun in the afternoon. We capped off our night with an overview of our day, and presentations from some great individuals.

Thank you to Team U.S. Ski Cross Type 1 Athlete **Lauren Salko** for taking the time to hang out with our #T1D Teens on the snow, and sharing her stories on living with Type 1 diabetes and being an amazing athlete! Also, another thank you for LMC's own Dr. Ronnie Aronson for coming out to the event and sharing some great insights on Type 1 research and advancements in the diabetes community!

Check out our friends at **Connected in Motion** and **Riding on Insulin** by following the links above!



**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

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

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