



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!

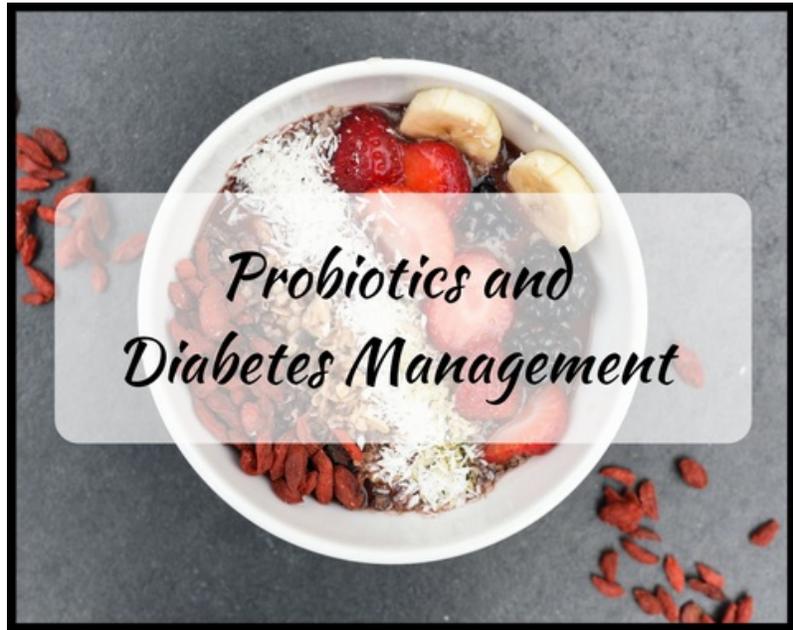
Have them email us at referrals@lmc.ca or call us at 1-866-701-ENDO.

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!



What are probiotics?

Probiotics are live microorganisms that can be consumed through fermented foods or supplements. Probiotics have been shown to help boost our immune system. When our immune system doesn't function properly, we can suffer from allergic reactions, autoimmune disorders and infections.

What is the connection between diabetes and probiotics?

When we have high blood sugars or high insulin levels our body is in a state of inflammation. Inflammation may also be the main cause of diabetes complications since high blood sugars trigger inflammation. Research shows that probiotics can increase insulin sensitivity and reduce inflammatory stress in our bodies making it a great addition for anyone managing diabetes or high blood sugars.

How to include probiotics in your diet?

Further research is needed to identify the type and dosage of probiotics to help with diabetes management. In the meantime there is no harm in including whole food sources of probiotics into your diet. Below are the top 4 probiotic foods you can include:

- **Yogurt** is one of the best probiotic foods. Yogurt may be especially beneficial for people who have lactose intolerance (75% of people who hail from Africa, Asia, or the Middle East). Look for brands that describe themselves as "live culture" since they use probiotics like lactobacillus or acidophilus. Lactose is the sugar found in most milk

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 [Mei Chan](#) 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 March 2017:

#1: Lydia F.
558,464 steps

#2: Peter
474,629 steps

#3: Sofia K.
391,209 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!

products (cow, goat, sheep and camel) and Lactobacillus is a beneficial bacteria that aids in the breakdown of lactose in our gut. The Probiotic cultures tend to reside in the fat content of the milk/yogurt so for tolerance, it's better to look for 2% or full fat yogurt. Avoid non-fat yogurt - which is higher in whey content (the watery part of milk) and often includes added milk solids (higher lactose amounts than naturally formed yogurt). Also watch out for flavored yogurt brands which generally contain higher fruit sugars and often contain [high fructose corn syrup](#). Read the ingredients list, since not all yogurts are made equally.

- **Kefir** is a fermented drink, traditionally made using cow's milk or goat's milk. It is made by adding kefir "grains" to milk. These are not actual grains in the conventional sense, but cultures of yeast and lactic acid bacteria. Kefir contains about 30 different microorganisms, making it a much more potent source of probiotics than other fermented dairy products.
- **Sauerkraut** is cabbage that has been fermented. Sauerkraut is not only extremely rich in healthy live cultures, but it is also rich in vitamins A, B, C, and K and low in calories and carbohydrates. However, heat kills live bacteria. If you cook it or buy pasteurized sauerkraut, you won't benefit from probiotics. Look for fresh sauerkraut or brands that add live bacteria back to the product after pasteurization.
- **Kimchi** an Asian form of pickled sauerkraut, is spicy and sour fermented cabbage, typically served alongside Korean dishes. Besides beneficial bacteria, kimchi is also a great source of vitamin C, B vitamins, beta-carotene, calcium, iron, potassium, and dietary fibre.

Read more articles like this at [DiabetesSource.ca](#)

Foot Care Services now available at LMC Ontario Clinics!

**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 **twitter**

 Join Our Mailing List

 Send to a Colleague



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

SIGN UP

FOR YOUR INITIAL
ASSESSMENT
WITH OUR LMC
CHIROPODIST

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

CIM & LMC Type 1 Team Tournament!



On Saturday April 8th, the Team at LMC participated in an evening of schoolyard games and activities with our friends at [Connected in Motion](#)! It was a fun (and competitive) evening getting to know the Toronto Type 1 community! Thank you again to everyone who came out and joined in on the fun - looking forward to the next event!



LMC | Manna Research is looking for individuals with uncontrolled asthma to participate in a clinical research trial testing a new investigational asthma medication.

Study related medication, supplies, and travel expenses may be

provided.

If you:

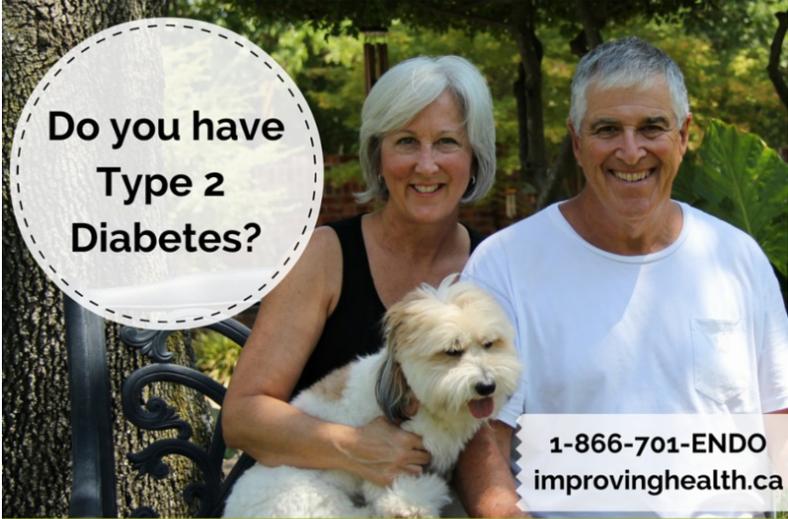
- Are 18 - 75 years old
- Have uncontrolled asthma for minimum 1 year
- Are using a minimum of 2 asthma therapies
- Are interested in investigational treatment options for asthma control

You may be eligible to participate!

Call LMC | Manna Research today at:

1-866-701-3636

Visit us online at 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

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

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