

**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](mailto: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!



Making healthy choices can be a challenge when eating out, especially after the server announces all those mouth-watering, carb loaded specials! You may even believe it's easier to avoid eating out altogether. However, you can still enjoy a night of good food; all you need to do is keep the following tips in mind:

**1. Ask the server to bring out half the portion, while packing the rest.**

With only half the portion, you will be more satisfied when you finish what's in front of you. Plus, the packed half makes a great lunch for the next day!

**2. Make healthy substitutions to ensure your plate is more balanced.**

Almost all restaurants will allow you to substitute the side of fries or mashed potatoes for healthy options such as salads or veggies. All you have to do is ask!

**3. Read the menu carefully.**

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 June:

**#1: Pushpendra**  
352,071 steps

**#2: Heather T.**  
346,560 steps

**#3: Sofia K.**  
320,182 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](mailto:join@improvinghealth.ca) or call us at 1-866-701-3636.

### **Stay Connected with**

Look for key words such as grilled, roasted, baked and broiled. Avoid menu items with words such as fried, creamy, breaded, battered and loaded in the description.

### **For more tips and tricks, click here!**

### **LMC Montreal Representing at the JDRF Telus Walk!**



The cold & rain did not stop **LMC Montreal** from participating in the Telus Walk on Sunday June 12th! The JDRF Telus Walk to Cure Diabetes unites those in the community and across the country to raise awareness for Type 1 Diabetes.

Thank you Team LMC for continuing to build awareness for diabetes both inside, and outside of our clinics!

### **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 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](mailto:depinfo@lmc.ca) for more information on the program.

## Diabetes Source

 Like us on Facebook

Follow us on  twitter

 Join Our Mailing List

 Send to a Colleague

## Have you been on LMC.ca lately?



LMC's main website has been fully re-done and improved to better serve you, and others in the diabetes community. With a sleeker look and more efficient design, our new site brings the information you need right to your fingertips!

Check it out! Visit [LMC.ca](http://LMC.ca)!

## Have you checked your blood pressure lately?

### ARE YOU CONCERNED ABOUT YOUR BLOOD PRESSURE?

If you are between 18 and 65, we are currently looking for participants for a research study to evaluate the effects of an investigational dietary supplement for mild hypertension



Call now to see if you qualify!

 **1-866-701-3636**

 [join@improvinghealth.ca](mailto:join@improvinghealth.ca)

**Compensation  
up to \$200**



2291 Kipling Ave, Unit #117B  
Etobicoke, ON  
[www.improvinghealth.ca](http://www.improvinghealth.ca)

We are looking for healthy individuals to be involved in a research study to evaluate effect of a new investigational dietary supplement on mild hypertension.

This study is an approximately 60 days, with 5 visits to the clinic including your screening visit.

**To participate you must be:**

- 18-65 years of age
- BMI 18-35.0 kg/m<sup>2</sup>
- Have mild hypertension (systolic 130-150 mmHg) \*\*Blood pressure will be measured at screening visit.

Further eligibility to be determined upon telephone screening

Please call us at 1-866-701-3636  
or email at [join@improvinghealth.ca](mailto:join@improvinghealth.ca)  
if you are interested in joining this clinical research study.

**There is no cost to you and qualified participants will receive:  
Parking validation - Compensation up to \$200.00**

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LMC Diabetes & Endocrinology - Diabetes Education Program | [dep@lmc.ca](mailto:dep@lmc.ca) |

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