



## 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!



**Diabetes and High Blood Pressure:  
How to Reduce your Salt Intake**

## *Diabetes and High Blood Pressure: How to Reduce your Salt Intake*

Blood Pressure is the force of blood pushing against the walls of the arteries as the heart pumps. High blood pressure, or **hypertension**, makes heart and stroke problems more likely. Unfortunately, the problem is amplified in diabetes because high blood sugars can also damage the arteries and make them targets for early hardening (atherosclerosis). People with diabetes are much more likely to develop heart disease and/or experience a stroke at an earlier age. People with diabetes may need to take medication to either lower their high blood pressure or even just for preventative care to protect their hearts and kidneys from the effects of high blood pressure. The target blood pressure reading for people with diabetes is less than 130/80 mm Hg.

Modifying our diet and watching sodium intake is an important lifestyle factor when managing blood pressure. Salt - whether sea salt, kosher salt or plain old table salt, is made up of sodium, which we need in small amounts. However, eating too much salt raises the amount of sodium in the blood and retains water. More water in our blood then increases the pressure in our pipes (our arteries) leading to increased hardening of the arteries and increased strain on the delicate blood vessels leading to the kidneys.

Sodium intake from our diets should be no more than 1,500 to 2,300 mg per day. One teaspoon of salt is equal to 2,300 mg of sodium. Here are

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 May:

**#1: Lydia F.  
399,428 steps**

**#2: Heather T.  
380,965 steps**

**#3: Sofia K.  
322,009 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**

some useful tips to reduce the salt in your diet:

1. **Go for fresh food.** Many packaged and processed foods can have high levels of sodium, and they may not even taste salty. Canned foods, Breads and rolls, cold cuts/deli meats, cheeses and frozen pizzas are top contributors of sodium. You'll save on excess sodium by making your own soups and sauces and choosing fresh fruit and vegetables. Try batch cooking and freeze in single-serving portions for later use. Try to limit deli meats to no more than two servings a week and replace deli meats with fresh meats, such as chicken breasts.
2. **Read the nutrition food label.** Compare sodium in different brands for products like processed soups, dressings/sauces, breads, and frozen meals, and choose those with lower sodium. Look for foods that contain less than 360 mg of sodium per serving. Also, look for products with a sodium content less than 10% when you are food shopping.

### [Read the full article here!](#)

### **Getting FIT with LMC & Connected in Motion: 1st Bubble Soccer Tournament**

On Saturday April 30th, LMC and Connected in Motion hosted a Bubble Soccer Tournament for the Type 1 Community with special guest LMC's Senior Scientist Dr. Mike Riddell! It was a fun afternoon filled with tournament games, ice breaker activities, and a great talk from Dr. Riddell.

We are looking forward to hosting another event and working alongside CIM again in the near future! To see more photos from this, and past events, check out our Facebook Page [here](#) as well as photos and an article from our friends at SNAP Newspaper [here](#).

Interested to learn more about our thrill-seeking friends at **Connected in Motion**? Check out their recent video profile [here](#).

If you would like to learn more about ongoing diabetes studies, or any other research opportunities we have available, email us at:

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

or call us at  
**1-866-701-ENDO (3636)**

## Diabetes Source

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Follow us on **twitter**

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Send to a Colleague



### Our Advance 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.

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### Are you Experiencing Hot Flashes?



We are conducting a clinical study that will investigate the effectiveness of an investigational herbal supplement in women suffering from the symptoms of menopause.

#### To participate you must be:

- Female age 40-55 years
- Experiencing irregular menstrual cycles or cessation of menstrual period for at least 12 months
- Experiencing menopausal symptoms such as hot flashes, sweating, sleep disturbance, migraine, anxiety, vaginal dryness and sexual problems

#### **Additional criteria to be determined during telephone screening**

Please call 1-866-701-3636 or e-mail us 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 receive:**

**Compensation up to \$200.00**