

**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!

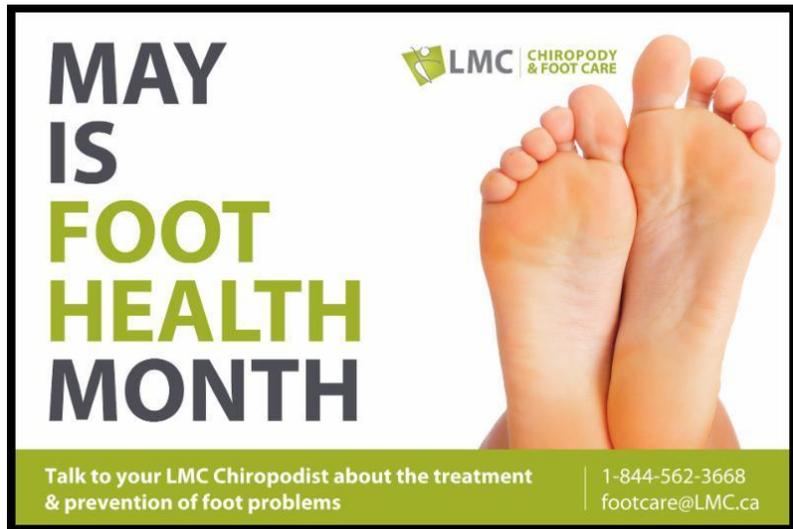
Have them email us at [referrals@lmc.ca](mailto:referrals@lmc.ca)  
or call us at  
**1-866-701-ENDO.**

**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

## LMC Insider

### Greetings!



**MAY  
IS  
FOOT  
HEALTH  
MONTH**

LMC | CHIROPODY & FOOT CARE

Talk to your LMC Chiropodist about the treatment & prevention of foot problems

1-844-562-3668  
footcare@LMC.ca

Our feet: The furthest things from our mind and often the most neglected. With May being Foot Health Month, our LMC Chiropodists want to get the word out on the importance of foot care for those with Diabetes!

The scary truth is -A person with diabetes is more likely to run into annoying, and even dangerous problems with their feet - dry skin, fungal nails, infections, ulcers and poor healing generally. The good news is - By having a Diabetes Foot Risk Assessment once a year you decrease the risk of developing these problems. This assessment along with individualized education on your feet will help you maintain proper foot health.

Our LMC Chiropodists are trained medical professionals that specialize in the treatment of feet. As such, chiropodists offer more thorough foot exams, higher standards of infection control, specialization in soft tissue surgeries, and the ability to prescribe medication if necessary. This high quality of foot care enables an active lifestyle and contributes to an improved level of health and wellness.

To get you started here are some tips and tricks on keeping those "once neglected" feet healthy.

#### **Inspect your feet daily**

- Check your feet and toes every day for cuts, bruises or sores.
- Check for changes to the toenails (i.e. thickening and discolouration).

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.

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#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 April 2017:

**#1: Peter**  
660,242 steps

**#2: Lydia F**  
473,002 steps

**#3: Sofia K.**  
452,247 steps

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### **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](mailto:join@improvinghealth.ca)

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### **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!

### **Exercise**

- Walking can keep weight down and improve circulation.
- Helps to maintain ideal blood sugar levels.

### **Have new shoes properly measured & fitted**

- Foot size and shape may change over time.

### **Do not go barefoot**

- Do not go without shoes, even in your own home
- Inspect shoes prior to putting them on for foreign objects, animal hair, pebbles etc.

### **Wear seamless soft socks**

- Avoid socks with seams that may rub and cause blisters or other skin injuries
- White socks are best

### **Never remove corns, calluses or warts by yourself**

- Over the counter products can burn the skin and cause irreversible damage to the foot
- Moisturize your feet - apply cream to the top and bottom of the feet, not between the toes.
- Do not soak your feet

### **See your Chiropodist**

- Regular checkups by a Chiropodist- at least annually - are the best way to ensure that your feet remain healthy

***Book your appointment with out foot care specialists today!***

Sincerely,

Nicole Joseph, D. Pod. M.

Director of Chiropody & Foot Care



### CHIROPODY SERVICES

- Diabetes Foot Risk Assessment
- Diabetes Nail and Callous Care
- Wound Management
- Fungal Nails & Athlete's Foot Treatment
- Ingrown Toenail Surgery
- Wart Treatment
- Custom-made Orthotics
- Foot & Heel Pain Therapy
- Bunion Therapy
- Varicose Vein Assessment and Compression Therapy & More

**HAVE YOU HAD YOUR FEET CHECKED THIS YEAR?**

Routine check ups with your Chiropodist or Foot Care Specialist should be an essential part of your Diabetes management regimen.

**To book your appointment with an LMC Chiropodist call 1-844-562-3668(LMC-FOOT) or email [footcare@LMC.ca](mailto:footcare@LMC.ca)**

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### **Do you or your loved ones have diabetes?**

**Together we can  
make a difference!  
Participate in a study  
today!**

We are pleased to announce  
the launch of  
[improvinghealth.ca](http://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  
Diabetes Source**

 Like us on Facebook

Follow us on 

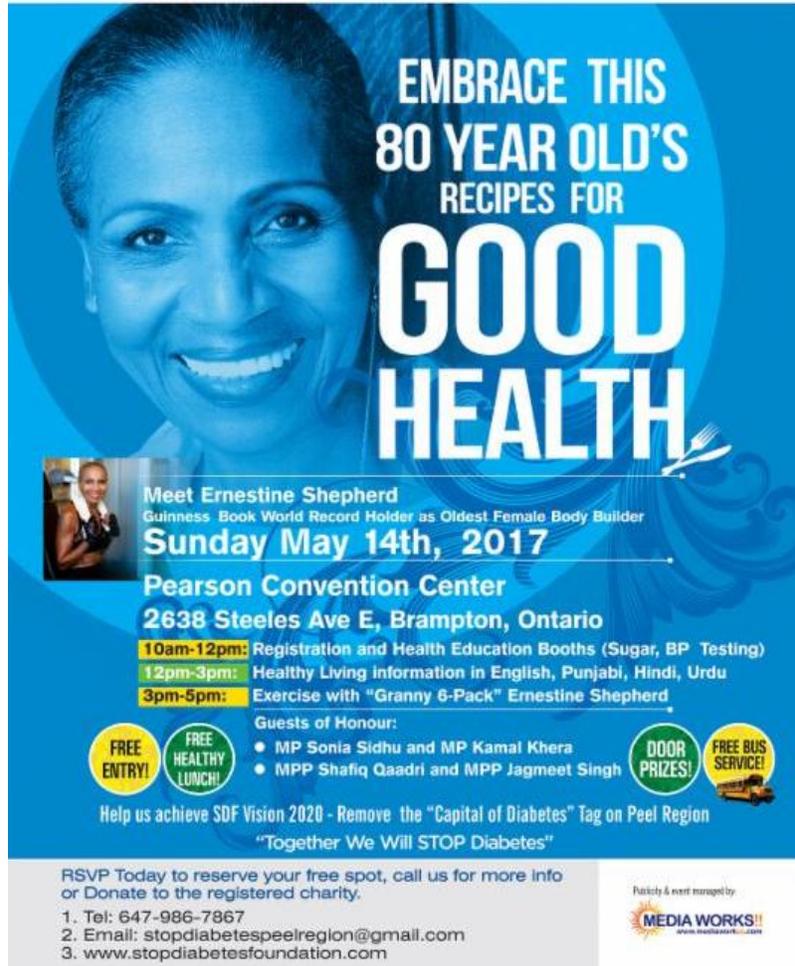
 Join Our Mailing List

 Send to a Colleague

Come with your family and celebrate this Mother's day at

 **STOP DIABETES  
FOUNDATION**

**4th Annual Free Event**



**EMBRACE THIS  
80 YEAR OLD'S  
RECIPES FOR  
GOOD  
HEALTH**

**Meet Ernestine Shepherd**  
Guinness Book World Record Holder as Oldest Female Body Builder  
**Sunday May 14th, 2017**

**Pearson Convention Center**  
2638 Steeles Ave E, Brampton, Ontario

**10am-12pm:** Registration and Health Education Booths (Sugar, BP Testing)  
**12pm-3pm:** Healthy Living information in English, Punjabi, Hindi, Urdu  
**3pm-5pm:** Exercise with "Granny 6-Pack" Ernestine Shepherd

Guests of Honour:  
• MP Sonia Sidhu and MP Kamal Khara  
• MPP Shafiq Qaadri and MPP Jagmeet Singh

**FREE ENTRY!** **FREE HEALTHY LUNCH!** **DOOR PRIZES!** **FREE BUS SERVICE!**

Help us achieve SDF Vision 2020 - Remove the "Capital of Diabetes" Tag on Peel Region  
"Together We Will STOP Diabetes"

RSVP Today to reserve your free spot, call us for more info or Donate to the registered charity.  
1. Tel: 647-986-7867  
2. Email: [stopdiabetespeelregion@gmail.com](mailto:stopdiabetespeelregion@gmail.com)  
3. [www.stopdiabetesfoundation.com](http://www.stopdiabetesfoundation.com)

Posterity & event managed by  
**MEDIA WORKS!!**  
[www.media-works.com](http://www.media-works.com)

Add this to your calendar immediately - 80 years old **Ernie Shepherd** (Guinness book's record recipient as oldest female body builder) is the headliner at STOP diabetes foundation's 4th annual free healthy living event in greater Toronto area on this Mother's Day. This is a family event and is open to people with or without diabetes

You and your family can learn lifelong recipes for good health and get motivated to follow "Granny 6-pack" Ernie's fitness regime - and if you adopt a similar routine, you can prevent diabetes, heart attacks and other such chronic conditions.

STOP diabetes foundation's certified healthcare volunteers have organized classroom style health information sessions, which includes dietitian's healthy eating tips. These sessions will be held separately in four languages (English, Hindi/Urdu and Punjabi). Free healthy lunch will be served. Please see attached English and Punjabi poster for further details.

***Please come out and join STOP diabetes foundation for this amazing healthy living event!***

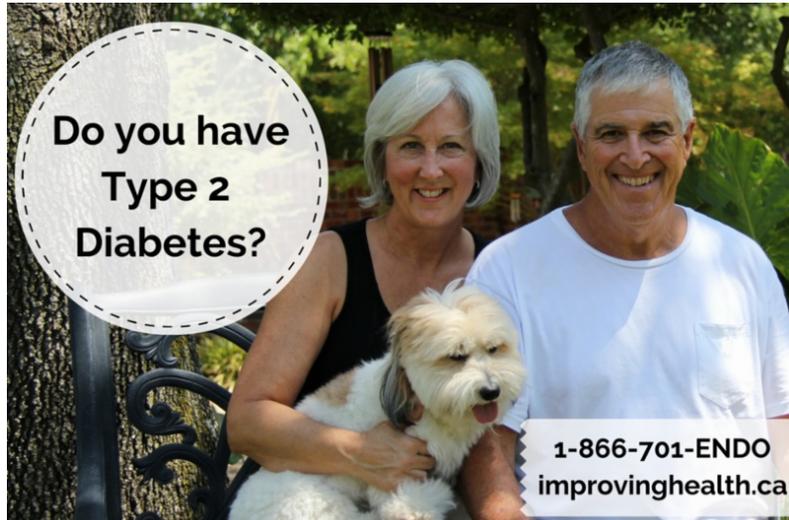
Location: Pearson Convention Centre (Brampton)

Date: Sunday May 14<sup>th</sup> 2017

Time: 10 AM - 5 PM.

RSVP for free today at **647-986-7867** or by filling out a simple form at [www.stopdiabetesfoundation.com](http://www.stopdiabetesfoundation.com)

*Together we will STOP Diabetes!*



**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](mailto:join@improvinghealth.ca)  
[improvinghealth.ca](http://improvinghealth.ca)

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

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