



**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

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LMC Insider

Greetings!



Fruits & Vegetables on a budget!

Fruits and vegetables are the nutritional powerhouses of your diet. They are full of vitamins, minerals, fiber and antioxidants that may protect against cancer, heart disease, stroke and other health problems. Buying fresh fruit and vegetables may seem like the more expensive option at the grocery store. One way to eat healthily *while* staying within your budget is to venture into the frozen section of your grocery store. Here are four reasons why frozen veggies and fruits should be in your shopping cart the next time you are food shopping!

1. **Cost:** Both the quality and cost of fresh fruits and veggies can be a big turn off during the colder winter months. Frozen vegetable and fruit prices are fairly stable throughout the year and are a great way to enjoy produce that are not in season!
2. **Frozen is just as nutritious as fresh:** When picked at harvest time, fresh vegetables and fruits are immediately flash frozen, which stops their aging process and preserves nutrients. The nutrition quality is the same or sometimes even better than their fresh counterparts since they are not losing any nutrients

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 April:

#1: Lydia F.
296,574 steps

#2: Naomi O.
284,062 steps

#3: Heather T.
258,251 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.

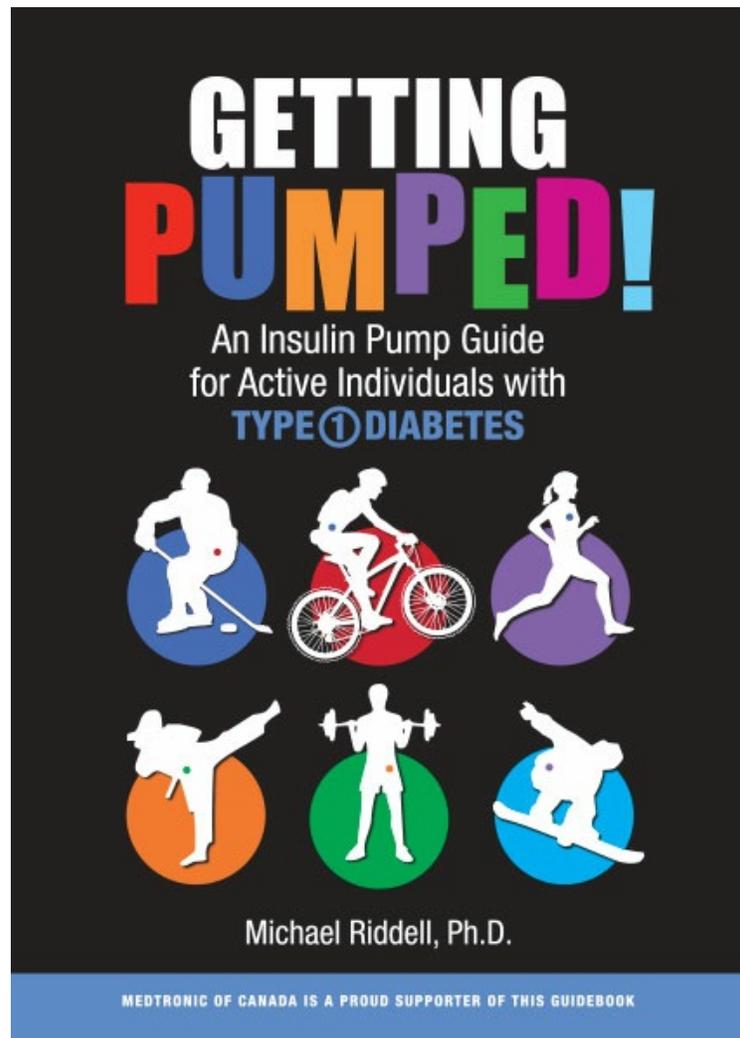
To learn more about ongoing studies, email us at join@improvinghealth.ca or call us at 1-866-701-3636.

Stay Connected with

during transportation and are not exposed to heat, light and oxygen.

[Read the full article here!](#)

Exciting News: Check out this new guidebook by LMC's Senior Scientist Dr. Michael Riddell!



Introducing Getting Pumped! A new guidebook for individuals living with Type 1 Diabetes by LMC's own Senior Scientist Dr. Michael Riddell.

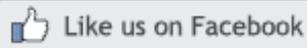
This guide includes information on:

- Factors affecting performance
- Blood sugar levels & insulin requirements during exercise
- Inspiring stories of athletic accomplishments by individuals living with Type 1 diabetes
- Insulin pumps & exercise
- Plus more

"Whether you are a person living with Type 1 diabetes, a family member, a coach or a healthcare professional, I hope that Getting Pumped provides you with information, inspiration and tools to help you lead a healthy and active lifestyle."

- Dr. Michael Riddell

To learn more, click [here!](#)



Exercise & Diabetes: how can we make both work?



Balanced eating and regular exercise is crucial in blood sugar maintenance and feeling good throughout the day. It is common for individuals with Type 1 Diabetes to experience high blood sugar after working out, especially while playing high intensity sports like hockey, soccer or cross fit type activities. Finding a pattern to help manage these spikes can be challenging, especially when trying to plan what to do before, during, and after an exercise period.

It is always important to plan ahead, and to talk to your endocrinologist about major lifestyle changes so that your insulin regime can be adjusted seamlessly with your activities. Talk to them today to learn more about getting the most out of your workout!

If you would like to learn more about ongoing diabetes studies, email us at join@improvinghealth.ca or call us at 1 866-701-3636.

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 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

Thoughts on Clinical Research

Clinical research is an essential step in understanding the safety and effectiveness of new medications or medical devices. Studies are essential in allowing all products to be put on the market. Without participants like you, we would not be able to offer new therapies!

We are always interested to hear what kind of studies you are interested and may want to participate. Have a suggestion about what studies you want to see available? Think there is something we should look more into? Let us know your opinions and suggestions [here!](#)

If you would like to learn more about ongoing studies, email us at join@improvinghealth.ca or call us at 1 844-266-2662.

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