

**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@mc.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!



Are you a locavore? Locavores are people who try to choose locally grown or locally produced food that are in season. Eating seasonally may seem like a simple concept: you eat foods that are "in season," or being grown and harvested at the time of the year when you buy and cook them. There is no clear-cut definition of what's local and what's not; many locavores use a 160-kilometer radius as their guide. However, there is more to eating local food than just being a trendy food movement. There are real benefits to eating foods that are produced locally:

1. **It's good for the environment.** Local food doesn't have to travel as far to arrive on your plate; it helps reduce greenhouse gas emissions and contributes to reducing our carbon footprint.
2. **It benefits the local economy,** including supporting local farmers and other producers.
3. **It encourages sustainable agriculture,** and makes it easier to track the supply chain back to the point of origin to evaluate ecological practices.
4. **It ensures that food has passed some of the highest safety standards** in the world. Very strict regulations regarding additives, pesticides, herbicides, etc. ensure that Canadian food is safe.

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 May 2017:

#1: Peter
684,211 steps

#2: Lydia F
526,192 steps

#3: Pushendra
360,177 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!

- In-season fruits and veggies are harvested at their peak - when they're **full of abundant nutrients**. In contrast, fruits and veggies transported from far away are picked before they're ripe and nutritionally mature. This allows the produce to survive days or weeks in a truck, but it doesn't do your body any favors since the vitamin and mineral content are depleted over time.

What are some ways to eat more local food?

Grow it yourself. Nothing's more seasonal than the produce you grow. And you don't need much space or a green thumb to do it. Start with seedlings (baby plants) of easy-to-grow veggies like tomatoes or cucumbers. If you have no yard, herbs such as basil, mint and parsley do just fine in large pots.

Farmers' market. A weekly trip to your nearest farmers' market is the simplest way to stock up on seasonal groceries. Local farmers generally sell food as it becomes available - it's often picked that morning. Markets are sprouting up across the country, so you shouldn't have to travel far to reach one.

Join a CSA. A regular (usually weekly or monthly) delivery of farm-fresh produce can be a great way to eat in season. CSA stands for community-supported agriculture. You pay a fee for the season, essentially purchasing a share in a local farm, and you receive an allotment of the farm's bounty. Typically, the farmer delivers produce to a central location once a week or once a month, and you pick up your load. You get to experience firsthand what is available at different times of the year.

For more articles like this, visit [DiabetesSource.ca](#)

**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

**HAVE YOU HAD
YOUR ANNUAL
DIABETES FOOT
ASSESSMENT?**



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

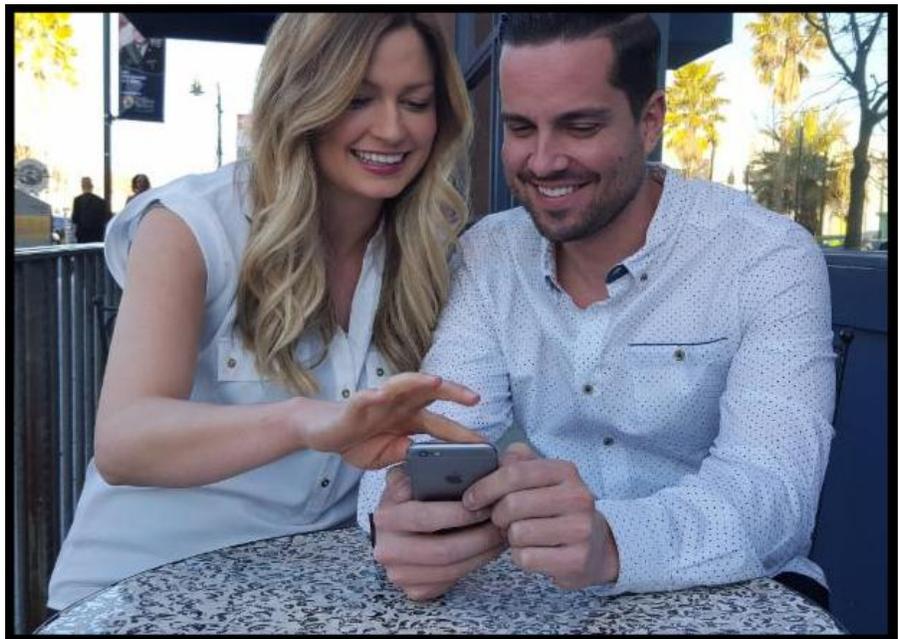
Ask our front desk for details

SIGN UP

FOR YOUR INITIAL
ASSESSMENT
WITH OUR LMC
CHIROPODIST

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

LMC Type 1 Meet & Greet This Month!



Are you looking to meet other people living with Type 1 diabetes? Come share your experiences on the "highs and lows" of Type 1.

LMC is holding an event open to anyone with Type 1 diabetes, their friends, and their families. The evening will include conversation and activities, and feature guest speaker talks from TrialNet* and an individual living with Type 1 diabetes.

In addition, light food & refreshments will be provided! J

Date: Tuesday, June 13th from 6-8PM

Location: 531 Atkinson Ave #17, Thornhill, ON L4J 8L7 (Free parking)

Please RSVP to mei.chan@LMC.ca ASAP.

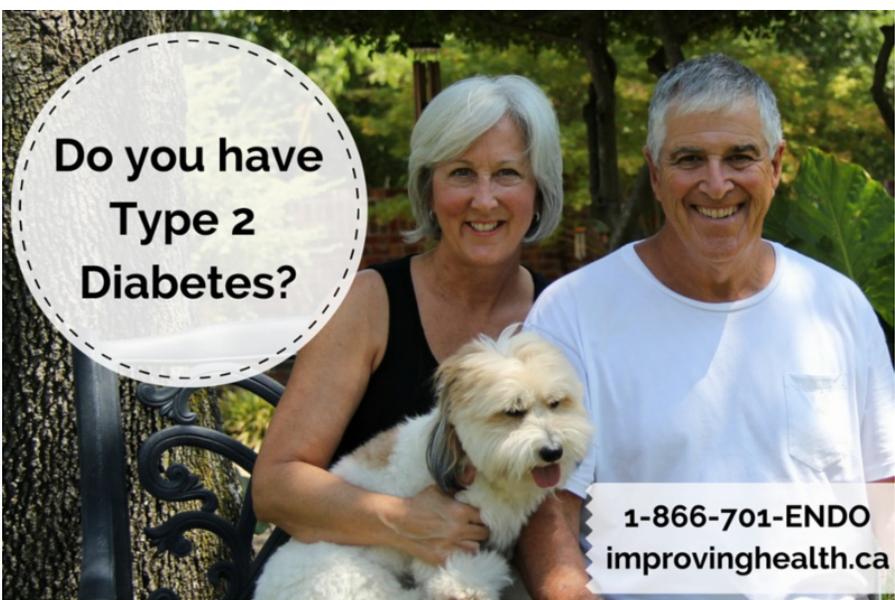
Thanks, and hope to see you there!

**TrialNet is an international network of leading academic institutions, physicians, scientists and healthcare teams dedicated to the prevention of type 1 diabetes. TrialNet offers risk screening for relatives of people with type 1 diabetes and innovative clinical studies to preserve insulin production.*

TeamLMC Springs into Action for Diabetes!



Back in May, #TeamLMC took part in the 12th annual Spring Into Action walk/run in Toronto to raise money and awareness for diabetes! Happy to have such a great team come out and spend their Saturday morning walking or running for the cause! Shout out to each TeamLMC member who participated and helped organize!



**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 |

Copyright © 2012. All Rights Reserved.