

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 experiences and connect with others living with Type 1 diabetes. Sometimes the group discusses specific

LMC Insider

Greetings!



Happy New Year Insider Readers!

With diet leading as one of the top resolution contenders, it is important to understand that the right mindset is most important when embracing a lifestyle change. Looking at a "diet" as a "healthy living routine" will help us adjust to these healthier choices and work at a pace we can keep up with and build on throughout 2016!

Our bodies are machines, so how we fuel them determines how our blood sugar levels will range, affecting our appetite, energy, and mood throughout the day. **Translation: snacking does not equal poor eating habits!** With careful planning and a few tips, snacks can easily be incorporated into our healthy living routine. There are two important things to remember when snacking:

Timing of Snacks

A healthy, balanced snack is recommended whenever meals are more than 5-6 hours apart. You may have noticed that blood sugar can sometimes rise on its own if you haven't eaten for a long time. Our liver releases sugar from storage to the body if we aren't eating to help give our bodies energy. With diabetes, we often call our liver "leaky" as it can release more sugar than we need, resulting in a higher blood sugar even though we haven't eaten in awhile. Therefore, it is a better option to eat something healthy to prevent that from happening.

Types of Snacks

There are plenty of healthy snacking choices. Choose foods that have small amounts of complex carbohydrates, some fiber, lean protein and healthy fat. If your snack has carbohydrates in it, try to keep at 20g or under

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 January:

**#1: Dr. Boright
246,857 steps**

**#2: Laura P.
236,356 steps**


**#3: Lydia F.
234,967 steps**

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

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 Join Our Mailing List

 Send to a Colleague

For some smart snacking ideas, click [here](#) to learn more!

Exercise & Diabetes: how can we make both work?



The New Year brings on not only healthier eating habits, but also the want and need to be more active. 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.

Migraines & Headaches: one in the same?



Migraines are not just a bad headache - they are a disabling disorder that last anywhere from 4 to 72 hours at a time that range in moderate to severe intensity. Sometimes these attacks are accompanied by nausea, vomiting, and sensitivity to light and sound. It is important to understand the difference of a migraine from a headache in order to determine the best treatment for relief.

Sometimes, we chalk up what we are feeling and experiencing to stress, being overworked, or not having the time or desire to explore treatment options. When this happens, migraines, or any other disorder, can impede on our work/school life, socialization with friends, and time spent

with family. When you are experiencing something out of the ordinary, it is always good to talk to your doctor or any health care provider to escalate any concerns. Not only will you feel better letting someone else know, but they can help determine the best available option for you!

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 |

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