

**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

Volume 2, Issue 16 [Feb 2016]

LMC Insider

Greetings!



Winter Veggies!

Many people are not aware that sweet potatoes are locally grown in Ontario on the shores of Lake Erie and are in season during the winter months. Sweet potatoes are a nutritional powerhouse filled with antioxidants beta-carotene, and vitamin A, which is essential for keeping our eyes, skin and hair healthy. This nutrient dense vegetable also has a great dose of fiber -great for keeping your blood sugars steady. You can enjoy this veggie by steaming, baking and roasting them - sweet potatoes are a great swap for regular potatoes since they have a lower glycemic index and won't raise your blood sugars as fast as regular potatoes. Here is a delicious recipe for crispy sweet potato fries that the whole family will love!

1. Preheat the oven to 425 degrees Fahrenheit. Peel the sweet potatoes and cut them into fry-shaped pieces. Try to cut them into similarly sized pieces so the fries will bake evenly.
2. Toss the uncooked fries into a mixing bowl or a plastic bag, or just

veterans can share 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 February:

**#1: Sofia K.
147,089 steps**

**#2: Naomi O.
136,388 steps**

**#3: Lydia F.
135,571 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.

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onto your baking sheet. Sprinkle with cornstarch (optional) and pour in a few tablespoons of olive oil, enough to lightly coat the fries. Season with salt, pepper, and spices. Mix/shake to distribute evenly (corn starch should be evenly mixed in so there are no powdery spots).

3. Pour the fries directly onto a dark, non-stick baking sheet for best results (lining with aluminum foil produces mixed results and parchment paper can burn in the hot oven). Arrange your fries in a single layer and don't overcrowd, otherwise they will never crisp up.

Read the complete recipe on [DiabetesSource.ca](#).

Newly Diagnosed with Type 2 - LMC Health Teams & You



When living with Type 2 Diabetes, discussing your options with your health care provider is important for a long and healthy life. Understanding your ABC's - A1C, blood pressure and cholesterol values, eating healthy, enjoying exercise, and taking the appropriate diabetes medications if needed can make your diagnosis that much easier to manage.

When newly diagnosed with Type 2 Diabetes, it is important to know that your health care and LMC Team are here to support you. This can include your Endocrinologist, Diabetes Educator (Nurse or Dietitian), Pharmacist and foot or eye care Specialist. A positive and realistic attitude towards your diabetes is key to your success.

LMC and its research teams are always excited to share opportunities for individuals living with diabetes. If you would like to learn more about ongoing studies, email us at join@improvinghealth.ca or call us at 1 866-701-3636.

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.

