

## LMC group sessions

Session Name	Topics Covered	Suitable for
Living With Diabetes – What You Need to Know	What is diabetes? (Physiology)	Anyone with type 2
	Common diabetes myths	diabetes or prediabetes
	Complications and prevention	
	Blood sugar targets and when to test	
	Understanding lab results	
	Medications	
Nutrition and Lifestyle	How different foods affect blood sugars	Anyone with type 2
	Portion control	diabetes or prediabetes
	Planning balanced meals and snacks	
	Glycemic Index	
	Natural health products/artificial sweeteners	
	Physical activity	
	The best times to test your blood sugars	
Six Steps to a Healthy Heart	What is cardiovascular disease?	Anyone with type 2 or
	Understanding lab results	type 1 diabetes, or
	Practical nutrition tips to keeping the heart	prediabetes
	healthy	Particularly useful for
	Health protective medications	those with high
	Other important factor: sleep, stress, etc.  What are carbohydrates and where to find them	cholesterol levels
More about Carbs – Carbohydrate Counting	•	Anyone (recommended to
	Recommended carbohydrate intake	attend first 2 sessions
	Reading and understanding food labels	first)
	How to count carbohydrates	
	Measuring tricks and resources	A
Advanced Skills – Matching Your Insulin to Your Lifestyle	How to adjust your insulin doses based on your	Anyone using multiple daily insulin injections
	food intake	*must attend carb
	How to adjust your insulin doses for high blood	counting session first
	sugars	
	Technology to help calculate meal time insulin	
	doses	
Patterns Management – Understanding Your	How to detect patterns in your blood sugars	Anyone using multiple
	Different factors which affect blood sugar levels	daily insulin injections
- 9 "	How to make insulin adjustments on your own	

All of our classes are OHIP covered. Feel free to bring a guest!

