



## Happy Holidays, Happy Blood Sugars!

The holiday season is rolling 'round and the New Year is in sight! While you might give yourself some leeway with special treats and sweets... you can also plan ahead, monitor more often and take steps to better control your sugar levels to enjoy the holiday season in a healthy manner.

**[Click here](#)** to read our Diabetes Education team's tips and tricks for enjoying the holidays while minding your blood sugars!



## Healthy Holidays

The holidays are a great time to get together with friends and family, new and old. It also tends to be a time of increased busyness, change of routine and cooler weather - this can sometimes result in you not being at your best health.

**Click here** for tips to prevent getting sick, or if you are sick, to help with recovery.

## Are you ready to take control of your diabetes, but need a little help?

Do you want to try out a new meter and app, with extra diabetes educator support?

If so, you may qualify to participate in LMC's Advanced Care Program!

**You may qualify for the Advanced Care Program if:**

- Your recent A1c is over 8%
- You are experiencing high and low blood sugars
- You have a smart phone and are interested in using an app that connects with your blood sugar meter
- You aren't using a CGM or FGM such as Dexcom or Freestyle Libre

Let our LMC Diabetes Educators help you reach your diabetes goals!

Ready to get started? Simply send us an e-mail at [depinfo@lmc.ca](mailto:depinfo@lmc.ca) and let us know you're interested. One of our diabetes educators will reach out to give you more details and get you started.



Don't let **DIABETES** lead to **HEART PROBLEMS**

*Learn your options about how to keep a healthy heart this holiday season!*

1-833-323-JOIN  
research@LMC.ca

We now offer easy online booking for all your appointments!

Fill out our online form to book an appointment with your Endocrinologist, Diabetes Educator, Chiropodist, Optometrist or Pharmacist.

**BOOK AN APPOINTMENT**

**1-866-701-3636 (ENDO)**

**contact@lmc.ca**

**STAY CONNECTED!**

