



## Recipes For Fall

One of the great things about fall is the abundance of fall fruit and vegetables. Apples & squash are delicious and healthy options. While we can get caught up in the world of pumpkin spice lattes, there are a lot of nutritious options we can make with falls bounty. Below are the health benefits of apples and squash, and healthy ideas to go with each.

**Read more for recipes!**

## The Flu Shot and Other Recommended Vaccinations for People with Diabetes

People with diabetes are often more susceptible to infections. Unfortunately, this can even happen in people with well-controlled diabetes. That's why you'll hear your healthcare team cautioning you about your risk of infection, whether it be from the flu or from cuts and scrapes.

**Read more for tips on staying healthy this flu season**

## WANT TO LEARN MORE ABOUT:

- Meal planning for diabetes
- How to adjust your insulin doses
- How to prevent complications

**...But find it difficult to take time off work or travel to the clinic?**

### JOIN US ONLINE!

You can learn about these topics and more through our many **Diabetes Education Sessions** - now offered online and in the evenings!



All sessions are free and registration is simple – just go to [www.lmcvirtual.as.me/](http://www.lmcvirtual.as.me/) to browse our list of topics and sign up.

## Foot Focus: Virtual Workshop

Taking Your First Steps Towards Healthy Feet

Join us online on **October 11th at 7:30PM** for an educational workshop being held by the LMC Chiropody team!

Learn about potential diabetes-related signs and symptoms that can affect feet, and practical tips on how to care for your feet.

To register online, visit:  
<https://lmcvirtual.as.me/footfocus>

# Need to get your **FLU VACCINE?**

65+?

## **Learn about your options for avoiding complications from the flu today!**

LMC Manna Research is looking for volunteers to participate in a research program that is looking at an investigational influenza vaccine. This study will be exploring the safety and effectiveness of this investigational vaccine that is anticipated to provide greater protection for seniors from the flu.

Seniors are at a higher risk of not only catching the flu, but also of developing flu-related complications; especially for those living with diabetes or other chronic illnesses that affect the heart or lungs. By getting your flu vaccine, you can protect both yourself and those around you from getting sick.

By participating in this program, volunteers may also receive compensation to cover additional expenses including travel costs.

If you:

- Are 65+ years old
- Have not received your annual flu shot
- Are in general good health

You may be eligible to participate!

Call LMC Manna Research to learn more, and book your appointment today!

**1-833-323-JOIN (5646)**  
**[research@lmc.ca](mailto:research@lmc.ca)**  
**[improvinghealth.ca](http://improvinghealth.ca)**



## Looking for new options for your heart?

LMC Manna Research is looking for individuals who have had a heart attack within the past year or heart failure within the past two years to participate in a clinical research trial.

This research trial will be looking at an investigational high dose flu vaccine to see if it may help reduce the risk of future heart attacks or episodes of heart failure.

Study related medication, supplies, and travel expenses may be provided.

If you:

- Are 18 years old & up
- Have had a heart attack within the past year, or heart failure within the past 2 years
- Are interested in new options for your cardiovascular health.

You may be eligible to participate! Speak with a study coordinator today!

**1-833-323-JOIN**

**Visit us online at [improvinghealth.ca](http://improvinghealth.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, Chiropractor, Optometrist or Pharmacist.

**BOOK AN APPOINTMENT**

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

**contact@lmc.ca**

**STAY CONNECTED!**

