



Oral Health & Diabetes

Taking good care of your teeth is important for everyone, but especially for those living with diabetes. This month we share with you some helpful tips to help keep a healthy smile!

[Read more](#)

LMC

Optometry
& Eye Care

**TRUNK
SALE!**

**Receive a gift
with the purchase
of any Maui Jim
sunglasses!**

Saturday, April 13, 2019
8:30AM-1:30PM



LMC Thornhill Optometric Centre

1600 Steeles Ave W #5, Concord, ON L4K 4M2



Thyroid Health

What is Graves' disease?

This month we want to talk more about our thyroid health, focusing on Graves' disease: what it is, its symptoms and how to treat it.

[Read more](#)



Mental Health Effects of Junk Food In Teenager

Sarah Blunden, P.Dt, CDE, CPT, Professional Dietitian, talks about how to get children involved in making healthy food choices for snacking.

[Watch the video](#)



Living with Type 2 Diabetes? Concerned about your Kidney Health?

LMC Manna Research is looking for volunteers to participate in a research opportunity exploring the effects of an investigational medication for people living with kidney issues.

If you are:

- 18 years of age or older
- Living with Type 2 Diabetes
- Currently experiencing mild to moderate kidney issues

Then this program may be for you! Speak to a research professional today!

1-833-323-JOIN

join@improvinghealth.ca
improvinghealth.ca

Book Your Next Appointment Online

No more waiting on the phone... Easy & Convenient

Since the beginning of January this year,
our team has:

Answered over **28,630 calls**
And only **4.2%** of the appointment
requests were booked online

With the increasing number of calls every
day, our online appointment system helps
to free up our staff to answer calls for those
who need more help.

FREE up your care team's time. For your
next appointment, make sure you try our
online booking system at:

BOOK AN APPOINTMENT

The screenshot shows a mobile browser interface for the Medeo booking system. At the top, the status bar shows 'Lebara', signal strength, Wi-Fi, time '4:22 pm', and battery '22%'. The address bar shows 'booking.medeohealth.com'. Below the address bar, the page title is 'LMC - BAYVIEW' with a hamburger menu icon to its right. A blue notification box with a bell icon and a close 'X' button contains the text: 'PLEASE NOTE: If you have an existing appointment, and want to cancel and book a new appointment, please make NOTE of that in the notes section of the booking'. Below the notification, a text prompt says: 'To request an appointment with LMC - Bayview using Medeo, please complete the following steps:'. The first step is a dropdown menu labeled '1 Select a Provider' with a downward arrow. It lists three providers: 'Dr. Adam Telner', 'Dr. Oren Steen', and 'Dr. Nina Wine', each with a circular profile icon. At the bottom of the screen, there is a navigation bar with icons for back, forward, share, bookmarks, and tabs.

STAY CONNECTED!

