

## Heat Dehydration Cautions & Travel Tips



Summer is upon us which means the temperature is rising! Dehydration is a risk for everyone during hot weather. Your body will require more water during this time of year or if travelling to a warm destination. Also to be aware that high blood sugars can decrease the water in your body; therefore, a hot climate could make this worse.

[Read more](#)

**WALK AND FUNDRAISE  
TO CURE DIABETES**



# Upcoming Events In The Community

## Toronto Sun Life Walk to Cure Diabetes for JDRF

Sunday June 9<sup>th</sup>

Canada's Wonderland

Check in starts at 8:00am and the Walk begins at 10:00am

[LEARN MORE & REGISTER!](#)



The advertisement features a light blue background on the left with text and a photograph on the right. The photograph shows a person's knee with a red, glowing area indicating pain, being held by two hands. The text on the left includes the LMC Manna Research logo, the title 'KNEE PAIN IMPACTING YOUR DAY? 40-75 YEARS OLD?', the website 'improvinghealth.ca/kneepain', the call to action 'SPEAK TO A RESEARCH PROFESSIONAL TODAY!', and the organization name 'LMC MANNA RESEARCH'.

LMC Manna Research

**KNEE PAIN  
IMPACTING YOUR  
DAY? 40-75  
YEARS OLD?**

[improvinghealth.ca/kneepain](http://improvinghealth.ca/kneepain)

**SPEAK TO A RESEARCH  
PROFESSIONAL TODAY!**

LMC MANNA RESEARCH

**LMC Manna Research** is looking for volunteers who are living with osteoarthritis of the knee to participate in a research trial. This opportunity will be exploring the safety and effectiveness of an investigational medication, and its potential impacts in reducing knee pain due to osteoarthritis.

### You may be eligible if you:

- Are 40-75 years old
- Have been living with osteoarthritis of the knee for 2+ years
- Have been taking regular medication to treat your osteoarthritis

*\*Note: Additional eligibility criteria will also apply*

Think this may be a great opportunity for you? Speak with a representative at LMC Manna Research today! We are proud to be part of such an exciting time in research, medication development & advancement. If you would like to learn more about how to participate in one of our clinical research programs, contact us today!

**1-833-323-JOIN (5646) - [join@improvinghealth.ca](mailto:join@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 booking an appointment. At the top, the status bar shows 'Lebara', signal strength, '4:22 pm', and '22%' battery. The address bar shows 'booking.medeohealth.com'. Below the address bar, the header reads 'LMC - BAYVIEW' with a menu icon. A blue notification box with a bell icon says '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 this, text instructs users to complete steps to request an appointment. Step 1 is 'Select a Provider' with a dropdown arrow. Below this are three provider options, each with a circular profile icon and a name: 'Dr. Adam Telner', 'Dr. Oren Steen', and 'Dr. Nina Wine'. At the bottom of the screen are navigation icons: back, forward, share, bookmarks, and tabs.

**STAY CONNECTED!**

