



Put Your Heart First!

February is Heart Health month which is quite fitting because Valentine's Day is just around the corner! What better time to talk about heart health and learn about how to best take care of it with your diabetes!

Having diabetes for a long time can affect the function of our heart over time. People with diabetes may develop heart disease 15 years earlier than those without diabetes.

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Research on high cholesterol with vascular disease or diabetes recruiting now.

HAVE HIGH CHOLESTEROL (HC)? DIABETES OR VASCULAR DISEASE?

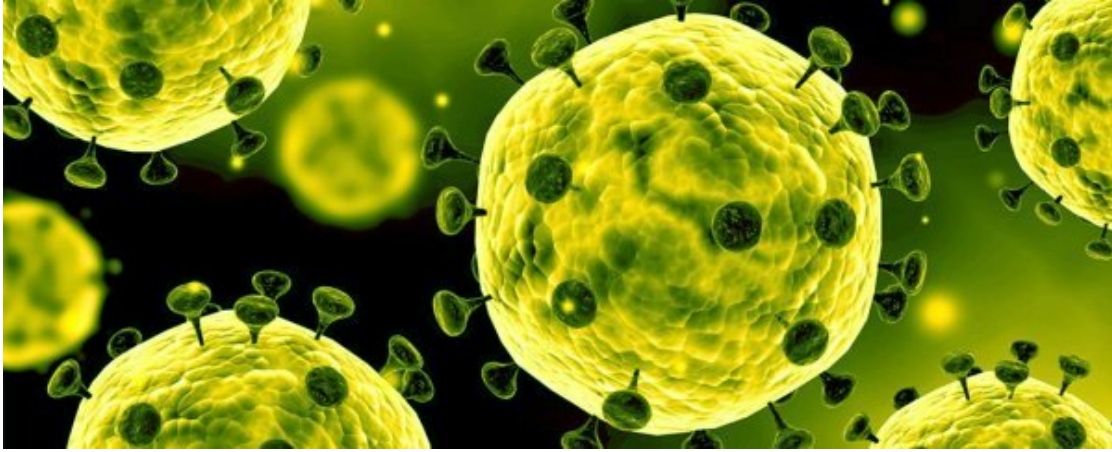
**Heart Health Research Study Recruiting participants now.
Call 1-833-323-JOIN today!**

LMC Manna Research is seeking people to participate in a research study for people being treated for high cholesterol and who also have either diabetes or vascular disease (coronary artery disease, cerebrovascular disease, or peripheral artery disease).

While participation in a clinical trial, also called a research study, is voluntary, qualified volunteers participating in this study will be compensated for travel expenses. Compensation will be discussed by the staff at the research clinic.

Think this may be a great opportunity for you? Speak with a research specialist at LMC Manna Research today! We are proud to be part of such an exciting time in research and medication development & advancement. If you would like to learn more about how to participate in one of our clinical research programs for Type 2 Diabetes, contact us by emailing research@lcmanna.com or calling us at 1-833-323-JOIN (5646).

Learn More



Novel Coronavirus

2019 Novel Coronavirus or "Wuhan Coronavirus" is all over the news. Getting sick is never desired, but a virus this severe is something we all want to avoid.

Tips to avoid getting sick

Here are tips to stay healthy against the flu as well as the Novel Coronavirus:

- Wash your hands frequently with soap and water, and for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick

[Read More](#)

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