

## Keeping Healthy Through the Holidays



Thanksgiving is just around the corner and marks the beginning of a few months of special meals and indulgence. It's easy to brush it off and think "Oh, it's just one meal, it won't matter!" But, between Thanksgiving, Halloween and the holidays in December AND all of the leftovers, it could be easy to get off track and result in a higher A1c (3 month blood sugar average). Let's start this holiday season off right and keep your stomach full and blood sugars in check. Keep reading for helpful tips.

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# Workshops

## Curious to learn more about the FreeStyle Libre Flash Glucose Monitoring System?

LMC & Abbott Diabetes Care invite you to attend two free, live, online education sessions to learn about the FreeStyle Libre flash glucose monitoring system.

### Getting Started

During this session you will have a chance to learn how to apply your sensor, what to expect when using your device, and the benefits of using this technology.

When you register we will also send you a sensor and reader to get started, so it's worthwhile to register early so your sensor arrives prior to the session.

**Date: October 15, 2020**

**Time: 12:00PM**

**REGISTER NOW:**

<https://attendee.gotowebinar.com/register/750886587267663372>

Event ID: 125-345-777

### Getting More

During this session you will learn how to read and understand your FreeStyle Libre scan, and learn about how your reports – such as time in target, low-glucose events and daily patterns – can support your daily life.

**Date: October 28, 2020**

**Time: 12:00PM**

**REGISTER NOW:**

<https://attendee.gotowebinar.com/register/763803649870798604>

Event ID: 887-795-791



# Dry Eyes & Diabetes



## What is Dry Eye?

Dry eye is a condition in which the eye does not produce tears properly. It can also involve tears not having the right consistency or evaporating too quickly. Tears are necessary to help maintain moisture on the surface of the eye and for clear vision. In many cases, the surface of the eye becomes inflamed and if left untreated, pain, ulcers, scars, and possibly loss of some vision can occur. Between 10% and 30% of the population, suffer from dry eye and studies have shown that people who have diabetes have a much higher chance of getting dry eye.

[Read More](#)





## Have Diabetes? Get Your Flu Shot!

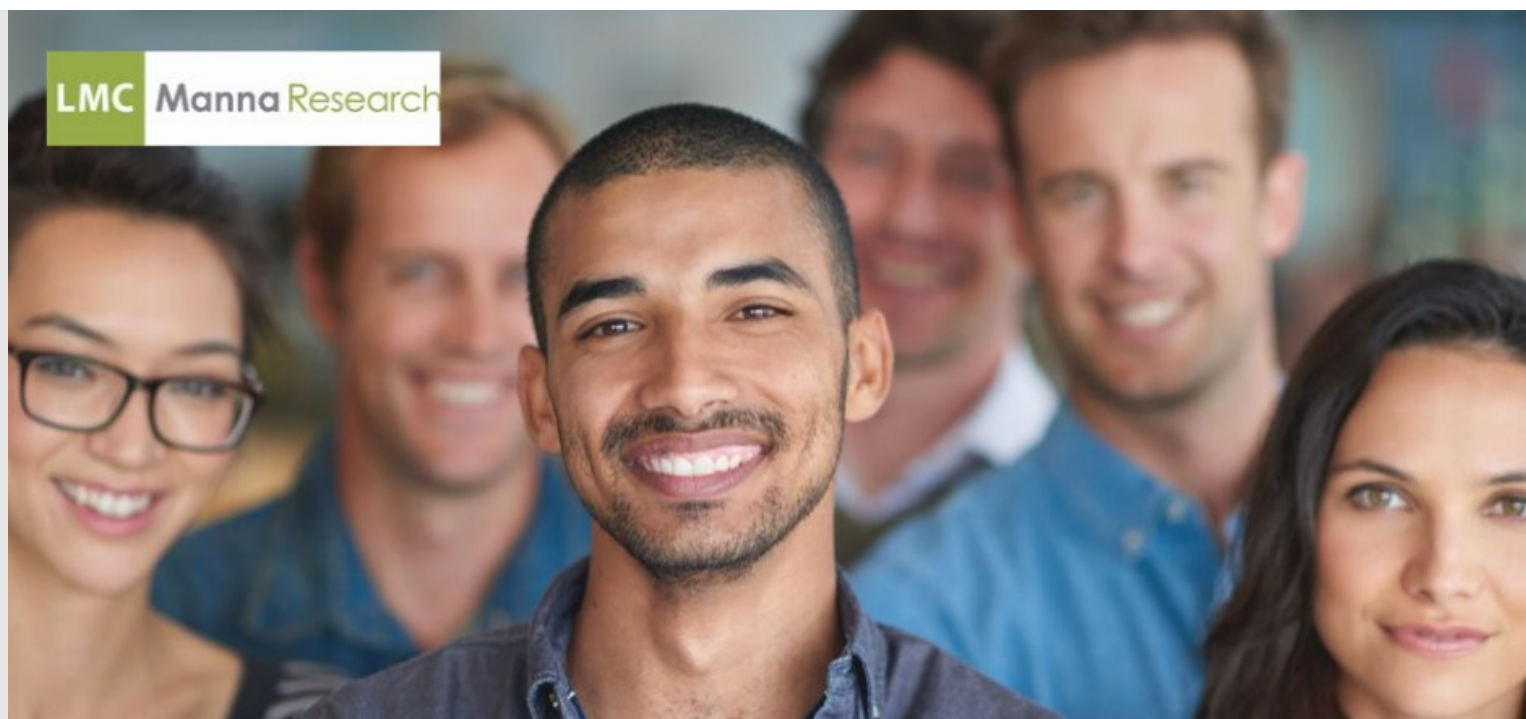


People with diabetes often have a weakened ability to fight off infection. That's why you'll hear your healthcare team cautioning you to protect yourself from infections, whether it be from the flu, Covid-19 or from cuts and scrapes.

[Read More](#)



# Research Newsletter!



Check out the latest edition of our LMC Manna Research Newsletter where you'll learn more about the latest study results of a new once-a-week insulin, hear from a volunteer about her experience in a phase 1 trial, and learn more about how you can participate in our current enrolling trials!

**SPEAK TO A RESEARCH  
PROFESSIONAL TODAY!**

**1-833-323-JOIN  
RESEARCH@LMCMANNA.COM**

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Newsletter

