



## 100 Years of Insulin

2021 marks the 100th anniversary  
of this life-changing discovery.

In celebration, check out the 100 ways LMC is making healthy easier. Each of our service lines has a list outlining their expertise. We encourage you to read all of them! Click the button below to learn more.

[100 ways](#)



### #1 Multidisciplinary Care

We take a multi-disciplinary approach to diabetes offering multiple diabetes-related services under one roof.

[Click Here to See More](#)



### Is It True?

This month for Diabetes Awareness Month, we are breaking down the top ten diabetes myths.

[Click Here to Check Myths](#)





## #17 Education & Support

Teach patients how to care for themselves and support them along the way.

[Click Here to See More](#)

## Diabetes Awareness Month 'Ask An Expert' Free Webinar Series

### Ask A Pharmacist

Ask your medication questions, side effects concerns, injection issues, insurance and drug coverage, immunizations, smoking cessation, glucometers, Libre or Dexcom troubleshooting, etc.

**Date: November 10**  
**Time: 7:30 PM EST**

### Ask Your Diabetes Team

Ask about diet, exercise, foot issues, eye concerns, medications, device troubleshooting, coverage programs, - or anything else diabetes-related that you may be wondering about!

**Date: November 24**  
**Time: 7:30 PM EST**

### Multilingual & Specialty Workshops

A variety of topics including Living with Diabetes, Weight Management, Meal Planning and more! Available in Cantonese, English, French, Hindi, Punjabi

**Throughout November**  
**Day and evening options available**

Sign Up



## 15 Favourite Services Available at No Charge at LMC Pharmacy

- 1) Personal Diabetes Report
- 2) Sick Day Care Plan
- 3) Family & Caregiver Training

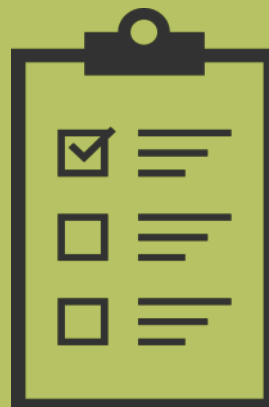


15 Free Pharmacy Services

## #36 Personal Diabetes Report

This helpful, at-a-glance 1 pager includes your most recent A1C, blood pressure and cholesterol readings, as well as factors for self-management to live a healthy life! Ask for yours at the LMC Pharmacy counter.

[Click Here to See More](#)



## Pregnant With Foot Pain? Here's What You Need To Know

Starting from even the first trimester, the ligaments of the pelvis will start to loosen to prepare for your new addition to the family, but did you know that the ligaments in your feet can also be affected?



[Read Full Article](#)



## #64 Compression Products

LMC chiropodists have compression stockings with patterns and fabrics that patients will love to show off!

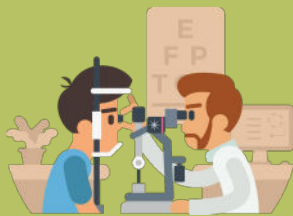
[Click Here to See More](#)



## 100 Years of Insulin

In 2021, the world celebrates the 100th anniversary of the discovery of insulin, a treatment that transformed type 1 diabetes from a once-fatal diagnosis into a chronic, medically manageable condition.

[Read Full Article](#)



## #51 Specialize in Diabetes

Our optometrists diagnose, monitor, treat and refer for diabetes-related complications related to the eye.

[Click Here to See More](#)

## Sugar Level Control Technology for Type 1 Diabetes- Bayview

You may be eligible to participate!  
Reimbursement for time and travel may be available.

Call LMC Manna Research today!  
LMC Manna Research 1-833-323-JOIN

[Review Eligibility](#)



**TYPE 1 DIABETES  
STUDY AVAILABLE**

STRUGGLING TO  
EXERCISE AND KEEP  
SUGAR LEVELS UNDER  
CONTROL?

CLINICAL RESEARCH  
MIGHT BE THE  
ANSWER FOR YOU!

SPEAK WITH A  
SPECIALIST TODAY!

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

## #81 Physician & Healthcare Provider expertise

Clinical research allows our Physicians & Healthcare Providers to offer the best treatments and devices.

[Click Here to See More](#)



## #99 Coordinated Diagnostic Care

LMC offers flexible lab requisition options, including mailing to your home, emailing you via a secure messaging system, or by faxing directly to a lab/clinic/hospital on your behalf

[Learn More Ways LMC Makes Healthy Easier](#)

### 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.

#### Getting Started with the FreeStyle Libre System

**Date: November 12th**  
**Time: 12:00 PM EST**

[Register Here](#)

#### 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.

#### Getting More from the FreeStyle Libre System

**Date: December 2nd**  
**Time: 3:00 PM EST**

[Register Here](#)



# Diabetes Depot

**We are pleased to share that we will carry Dexcom!**

**Save time!** Now you can get your insulin infusion sets and CGM supplies bundled in one convenient order! If you prefer, you can even get set up for automatic shipments at intervals of your choice.

## LMC Exclusive Coupon Codes!

### WelcomeLMC

\$25 off your first order over \$200

### LMCVIP

\$10 off your order over \$200

[Shop Now](#)

Of course, you are always welcome to place your order in the most convenient way for you:



TOLL-FREE PHONE  
TO A REAL PERSON

