

This month's issue

6 Steps to a Healthy Heart!

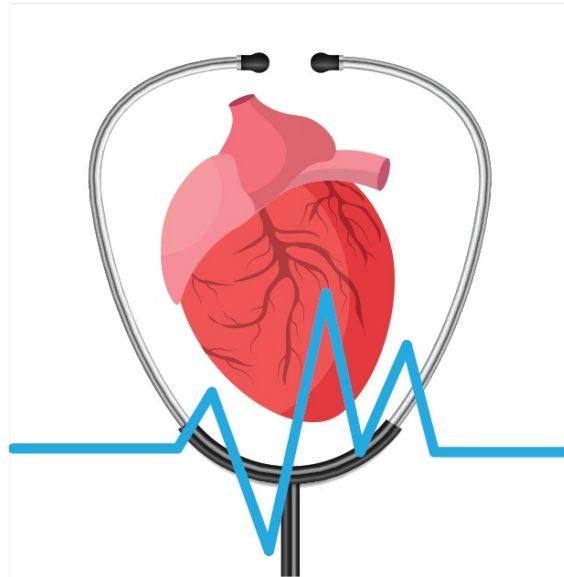
**Heart Healthy Virtual Workshop
Register now!**

**Canadian Diabetes Prevention Program
(CDPP) Enrolment**

COVID-19 & Catching Up on Your Care

**Severe Hypertriglyceridemia Study
Join Study**

**It's Heart Health Month
Live Healthy, Stay Young at
Heart!**



6 Steps to a Healthy Heart



February is Heart Health Month! People with diabetes are at higher risk of developing heart disease. It's important to be proactive when it comes to your wellbeing! Read our article for 6 ways you can begin your healthy heart journey today!

**Tips for a healthy
heart**



JOIN OUR HEALTHY HEART VIRTUAL WORKSHOP

[Register here!](#)



COVID-19 & Catching Up on Your Care



For many people, COVID-19 has meant not getting the usual labs, assessments and care. This can lead to delays in updating your treatment or possibly even undiagnosed issues.

We have put together a checklist to get you back on track!

[Go to checklist](#)

Getting Ready for Ramadan



The following topics will be covered in the workshop:

- Pre-Ramadan Medical assessment
- Associated Risks
- Recognizing and managing associated risks
- Blood glucose monitoring
- Healthy Eating During Ramadan
- Physical activity and Exercise

English

March 8th at 7:30pm

Urdu

March 12th at 11am

[Sign up](#)

LMC's Virtual Diabetes Prevention Study Prepares to Enrol Its Last Participants

Canadian Diabetes Prevention Program (CDPP) study offers a lifestyle change program, delivered online and over the phone, to help Canadians reduce their risk of developing type 2 diabetes.

After enrolling for 2 years, we are preparing to enrol our final participants before this spring. The program is continuing to enrol 200 more participants before spring 2022. Click the button below for more information.



[Find out more!](#)

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

LMC & Abbott Diabetes Care invite you to attend a free, live, online education session to learn about the FreeStyle Libre 2 flash glucose monitoring system.

Getting Started with the FreeStyle Libre 2 System

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.

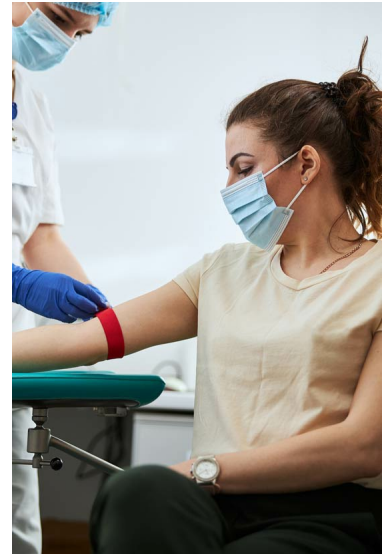
Date: February 25, 2022

Time: 11:00 AM - 12:00 PM EST

[Register now!](#)

Centricity Research

Lowering triglyceride (TG) levels isn't easy, especially for those who have Severe Hypertriglyceridemia. It is necessary to keep an eye on it in order to prevent acute pancreatitis, as well as decrease the risk of cardiovascular disease and atherosclerosis. Centricity Research is looking for volunteers with Severe Hypertriglyceridemia to participate in a research study for an investigational medication. The purpose of this study is to determine if this investigational medication may lower TG levels.



[Join study](#)



Diabetes Depot

Dexcom and Libre on your drug plan via Diabetes Depot!

Contact us to see if your drug plan covers Dexcom and Libre so you don't have to pay upfront!

DYK? Diabetes Depot is operated by LMC Pharmacy-Brampton and we can process Dexcom and Libre/Libre 2 on your drug plan. That way you only pay the plan deductible or co-pay.



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