

LMC

Diabetes Education

Coaching and Patient Support

Canadian Diabetes Prevention Program (CDPP)



The CDPP is a national research study assessing the effectiveness of the US led Diabetes Prevention Program (DPP) methodology delivered as a virtual health coaching program in Canada.

The CDPP completed enrolment of 2,174 participants in June 2022, and we expect to publish our study findings in late 2023.



Public Health
Agency of Canada



LMC Healthcare



Boehringer
Ingelheim

Type 1 Diabetes (T1D) Self-Management Program

A health coaching program designed to help patients self-manage their T1D in addition to their regular visits with the Endocrinologist & Diabetes Educator. It covers 'real-life' topics patients may not be talking about with their diabetes team. Patients receive:

- ✓ Monthly coaching appointments
- ✓ Self-directed learning
- ✓ Ability to chat with the coach in-between appointments via the app

Delivered in collaboration with Diabetes Canada and the Diabetes Leadership Foundation. Currently in its pilot phase, the full program will launch in early 2023.

Type 2 Diabetes and Cardiovascular Patient Support

A 2-year pilot program to improve the management of patients living with type 2 diabetes and cardiovascular disease. The program is designed to improve self-care behaviours by providing individualized education and self-care strategies via self directed learning to optimize medication adherence, lifestyle and clinical outcomes.

The program will also utilize technology to enhance the patients' learnings, engagement and offer flexibility in a hybrid model. The program will launch in mid 2023. It is delivered with the support of Boehringer Ingelheim.

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LMC

Diabetes Education



Certified Diabetes Educators committed to empowering patients to self-manage diabetes through individual counselling & interactive workshops

Who we are:

- LMC is the largest community-based adult diabetes centre in Canada
- Our dynamic team of certified diabetes educators and endocrinologists provide expert care to any person living with diabetes
- We have an innovative research program that keeps us a step ahead advancing diabetes care worldwide
- ADP (Assisted Device) certified clinic
- Diabetes educators are both Registered Dietitians and Nurses work under medical directives

We offer:

- Diabetes education in small group and individualized settings for people living with diabetes
- Virtual and in clinic appointments
- Workshops available from beginner to advanced learning
- Insulin starts
- Support for pre-existing diabetes with pregnancy, gestational diabetes
- Insulin pump management
- Nutritional & lifestyle counselling
- Weight management
- Type 1 young adult transition program

Sign Up For a Free Group Education Workshop at LMC

Living with Diabetes • Nutrition & Lifestyle • Carb Counting • GDM Weight Management 3 Part Series • Basal & MDI Insulin Titration • Advanced Skills • Healthy Heart • Artificial Sweeteners • Meal Planning • Tandem Control IQ • Ask A Dietitian – Q & A Session • Live Baking & Cooking Demos • Oral Health & Diabetes with A Dental Hygienist • The Macro Effect • Tech Talk: Review of Popular Diabetes Devices & Apps • Let's Get Fit Mindfulness & Diabetes • Your Kidneys & Diabetes • Pumping 101 • Managing Stress & Mental Health • Surviving the Holidays • **Many more topics available**



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