

Diabetes Source - our online pharmacy & resources centre!

Are you using an insulin pump to manage your diabetes? Visit [Diabetes Source](#) or [contact us](#) to check out our very competitive prices on pump supplies!

Diabetes Education Workshops

Visit the front desk at your clinic to sign up for any of our workshops, taught by our team of Certified Diabetes Educators.

- *Living With Diabetes
 - *Carb Awareness
 - *Pattern Management
 - *Advanced Skills
 - *Conquering Cholesterol
 - *Supermarket Smarts
-

Let Us Help!

Do you have a friend or family member who has Diabetes and is struggling with their Diabetes Management? We can help!

Have them email us at
referrals@lmc.ca
or call us at
1-866-701-ENDO.

**Do you have Type 1
diabetes? Are you
looking to meet**

LMC Insider

Greetings!



During the hot summer days, we find ourselves reaching for anything cold to quench our thirst. Whether we chose an iced coffee drink, a smoothie, or flavoured water, there are plenty of sneaky sugar traps out there to watch out for, even as the weather cools down. Plain old water, though not as exciting, is always the best option. Good news - there are ways you can make it a bit more satisfying to your taste buds with a little creativity in the kitchen. Why not add a slice of lemon and some honey to give your H2O a kick?

Rethink your Drink!

- Caramel Frappuccino*: 15 teaspoons (tsp) of sugar
- McDonald's Milkshake*: 26 tsp of sugar
- Tim Horton's fruit smoothie*: 11 tsp of sugar
- Vitamin Water (20 oz bottle): 8 tsp of sugar
- Booster Juice smoothie (large): 13 tsp of sugar
- Second Cup strawberry fruit smoothie*: 22 tsp of sugar

* Nutritional information is for a medium size drink

others like you?

Come join our monthly meet-ups at two of our Ontario offices, where newly diagnosed and diabetes veterans can share experiences and connect with others living with Type 1 diabetes. Sometimes the group discusses specific topics, like how to manage blood sugars around exercise, or carb counting strategies at restaurants, and sometimes we just get together to chat!

Please contact [Tracy](#) (LMC Bayview) OR [Hailey](#) (LMC Thornhill) for more information.

**Together we can
make a difference!
Participate in a study
today!**

We are pleased to announce the launch of improvinghealth.ca. Learn about the importance of clinical research studies and how your involvement makes a positive impact.

To learn more about ongoing studies, email us at join@improvinghealth.ca or call us at 1-866-701-3636.

**Stay Connected with
Diabetes Source**

Like us on Facebook 

Follow us on  twitter

Team LMC is still going strong with our **FitBits**, and for those of you asking, they can be purchased from their website [here](#)).

The LMC Leaderboard for August:

**#1: Lydia, Clinical Research Coordinator, LMC Bayview
340,529**

**#2: Heather, Diabetes Educator, LMC Barrie
233,313**

**#3: Naomi, Training Specialist, LMC Bayview
202,408**

The Kidneys & Diabetes: More Important Than You Think

The kidneys are important in diabetes: they help clean the blood by flushing out toxins and excess sugar from the body. When blood sugars are high and unregulated, blood vessels in the kidneys harden and decrease function, increasing the risk of chronic kidney disease. The body works less efficiently and medications, like dapagliflozin, are not as effective.

Dapagliflozin (Forxiga) is usually taken by Type 2 diabetes patients with normal kidney function and unregulated sugar levels. It works with the kidneys to block glucose from being reabsorbed into the body. Considering 30% of people with diabetes suffer from kidney damage (diabetic nephropathy), researchers at LMC are studying the positive effects of this medication, along with others, with patients who have slightly decreased kidney function. Studies at LMC are working towards providing improved kidney function and overall health for people living with diabetes.

**If you would like to learn more about ongoing diabetes studies,
email us at join@improvinghealth.ca or call us at
1 866-701-3636.**

When aches & pain need more than aspirin



Bodily aches and pains are a normal part of any lifestyle. When this pain persists, becomes unbearable, and is partnered with other issues, it can be problematic. Fibromyalgia is a chronic pain condition affecting the muscles, ligaments, and soft tissues of the body and is associated with symptoms of fatigue, depression, irregular sleep patterns, and anxiety. With its cause unknown, studies are being conducted to help learn about and develop treatments to combat this condition.

Treatments are available that provide moderate relief of fibromyalgia symptoms and associated limitations (examples are pregabalin, duloxetine, and milnacipran), but no medication is currently approved to treat the pain associated with the condition. There are new lines of medications currently being studied by specialists at Manna Research to help treat the pain and symptoms associated with fibromyalgia.

If you would like to learn more about ongoing studies, email us at join@improvinghealth.ca or call us at 1 866-701-3636.