

## 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](mailto:referrals@lmc.ca)  
or call us at  
**1-866-701-ENDO.**

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

# LMC Insider

## Greetings!

We had a great time at the **Spring Into Action Walk or Run for Diabetes** earlier this month with staff (as well as their babies & puppies!) from our Bayview, Brampton, Thornhill & Corporate Offices! A beautiful spring day and a little exercise benefiting diabetes - we couldn't have asked for anything better!



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

### The Leaderboard for May:

**#1: Lydia, Clinical Research Coordinator, LMC Bayview**  
Steps taken in May: 457,441

**#2: Sofia, Registered Dietitian, LMC Thornhill**  
Steps taken in May: 373,404

**#3: Leandra, Registered Dietitian, LMC Montreall**  
Steps taken in May: 339,665

## Navigating the Blood Sugar 'Roller Coaster'

It's easy to feel like your blood sugars are on a bit of a roller

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.

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coaster sometimes when high & low sugars happen. The most important part about staying healthy with diabetes is teaching yourself to recognize patterns!

Working with your diabetes team (nurse, dietitian, endocrinologist) to come up with strategies to address blood sugar patterns can allow you to **feel more in control** of your diabetes. A pattern is if the same thing happens at the same time for a few days.

### What May Cause Your Blood Sugar to Be Higher...

- Eating more carbohydrates than you usually do
- Missing a dose of medication or insulin
- Needing an adjustment to your medication &/or insulin
- Being stressed or sick - illness is a type of stress on the body

### What May Cause Your Blood Sugar to Be Lower...

- Eating less carbohydrates than you usually do - and continuing to take the same amount of medications & insulin
- Being more active than you usually are that day
- The effects of drinking alcohol
- Needing an adjustment to your medication &/or insulin

Each month at our Ontario offices we run a **Pattern Management** Workshop - running through real-life examples where people have seen patterns in their sugars that they want to fix.

Interested in joining us for our next one? [Click here](#) to email us and we'll get you scheduled for our next one!

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## Are you a Smartphone user and want to help?

As the technology industry continues to grow, health-related apps are becoming available that focus on helping you stay fit and healthy. Diabetes is no exception, and at LMC we're excited to be using the latest technology for studying blood sugar control.

By downloading a free iPhone application and wearing a CGM (continuous glucose monitoring device) we will be able to track information including physical activity, sleep patterns, meal composition and emotional/behavioural engagement, ultimately learning about day-to-day variability in glucose control. LMC Specialists can help you get access to the newest diabetes technology to get a better understanding of your diabetes control.

If you would like to learn more about ongoing diabetes studies,  
please email at [research@lmc.ca](mailto:research@lmc.ca) or call us at 1 866-701-3636.

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LMC Diabetes & Endocrinology - Diabetes Education Program | [dep@lmc.ca](mailto:dep@lmc.ca) |

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