

LMC Insider

Volume 3, Issue 20, November 2017

Hi ,

November is Diabetes Awareness Month!



This month we are recognizing the unique role carried out by diabetes educators. But, what is a diabetes educator? [Read our latest article on the blog](#) to find out more about this very important role and how diabetes educators help make healthy *easier* for individuals living with diabetes.

To recognize the work for your diabetes educator, use #ThankYouDE on Twitter @DiabetesCanada or on Facebook at www.facebook.com/DiabetesCanada

Announcements

LMC Optometry & Eye Care

We are so excited to announce the launch of LMC Optometry & Eye Care in Montreal!

At LMC, we know that vision loss can be a serious risk for people living with diabetes. That's why we now offer comprehensive eye exams at many of our clinics and encourage patients to make eye care an essential part of their diabetes management.

LMC Locations offering Optometry services:

Montreal Glen - *Now Open*

Montreal Ville St. Laurent - *Now Open*

Barrie - *Opening Winter 2017*

Brampton - *Opening Winter 2018*

[Learn More About LMC Optometry](#)

**LMC Barrie
Clinic Has A**

**New Address:
370 Bayview Drive
Suite 110
Barrie, ON L4N 7L3**

New Location!

Phone: 705-737-0830
Email: lmcbarrie@lmc.ca

	FAIRVIEW RD	N↑
HIGHWAY 400	LMC	BIG BAY POINT RD
		MAPLEVIEW DR
		TIM HORTONS

[Find us on the map](#)

Upcoming Events

Foot Focus: Take the first step to healthy feet

When:

Tuesday, November 28th
10:00AM - 11:00AM

Where:

LMC Oakville
3075 Hospital Gate, Suite 301
Oakville, ON L6M1M1

Want to learn more about:

- The signs and symptoms of Diabetes in the feet?
- Practical tips on how to care for your feet?



We have two upcoming Foot Focus Workshops where our very own LMC Chiropodist will be covering the importance of foot care and will share with you some tips and tricks to keep your feet healthy and to always put your best foot forward!

Register today by emailing footcare@LMC.ca
or call
1-844-LMC-FOOT(562-3668)

LMC will be at the year's 10th Annual South Asian Expo

When:

November 25, 2017
12:00 PM - 5:00 PM

Bring your entire family for a day of fun and learning at this free and interactive educational event. This year's expo will focus on the relationship between diabetes and stroke. It will feature a great lineup of expert speakers, a silent auction, a cooking demo, raffle draws and other opportunities to win great prizes.

Visit diabetes.ca to learn more!

LMC & Riding on Insulin Ski Trip!

Save The Date:
March 4th, 2018

LMC, along with our friends at [Riding on Insulin](#), will be hosting a Teen Ski Day, for 7-17 year olds living with Type 1 Diabetes on March 4th 2018! To learn more about registering, [click HERE!](#) Looking forward to another successful event in 2018!



Order Your Prescriptions Online!

Do you use an insulin pump?



Visit [DiabetesSource.ca](#) or [email us](#) directly to order your prescriptions and insulin pump supplies online!

Sign Up For FREE Group Education Sessions

Visit our website to learn more about the different Group Education Sessions we offer!

- * Living with Diabetes
- * Nutrition and Lifestyle
- * Carbohydrate Counting
- * Advanced Skills
- * Pattern Management
- * Conquering Cholesterol
- * Dexcom Trial

Sign up today for one of our FREE Group Education Sessions!



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

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 **1-866-701-3636**

Visit us online at [ImprovingHealth.ca](#)



Using insulin
to help treat
your Type 2
Diabetes?

Do you have Type 2 Diabetes? Currently taking insulin?

LMC | Manna Research is looking for individuals who have Type 2 Diabetes and who are currently taking insulin to participate in a clinical research trial.

If you are:

- 18 years old & up
- Currently taking insulin for your diabetes (basal & bolus)
- Looking to better control your blood sugars

You may be eligible to participate! Speak with a diabetes specialist today!
1-866-701-ENDO (3636)

Visit us online at [improvinghealth.ca](https://www.improvinghealth.ca)

research@LMC.ca

We wanted to let you know about a free opportunity to have a special ultrasound assessment done of your liver.

Specialists in liver disease often use an imaging tool called **Fibroscan** to find out how 'stiff' your liver is - i.e. - whether its inflamed or not. **OHIP doesn't cover this test** and it usually costs \$150 per test. **We'll be having FREE Fibroscan at our LMC offices on several upcoming dates.**

If you are interested to learn more about getting a liver scan **at no cost**, and participating in future research on liver health, please email meghana.sunny@LMC.ca or call us at **1-866-701-3636 ext. 9308**

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**

Join The T1D Community

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.

Contact [Mei Chan](#) for more information!

Adventure Seeker with T1D?

Check out our friends at [Connected In Motion](#) and see how you can participate in one of their events!



STAY CONNECTED:

