



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 others like you?

Come join our monthly meet-ups at two of our Ontario offices, where newly diagnosed and diabetes veterans can share

LMC Insider

Greetings!



December is a festive time with holiday parties, office potlucks, New Years celebrations, family dinners and get togethers with drinking it is easy to gain weight over the holidays. Research shows that the average weight gained over the holidays is about 1 lb. One pound may not sound like much, but over the years holiday weight gain can become a major contributor to excess weight gain. The good news is that with a few simple tips you can avoid holiday weight gain and still enjoy your time with friends, family and of course your favorite holiday treats!

Focus on weight maintenance and not weight loss. During the holiday season your goal should be to avoid gaining weight instead of trying to lose weight. This mindset will help you stay on track and keep you focused on making healthy choices during this busy time.

Healthy Cooking. Bring a vegetable based dish such as these [artichokes and parmesan stuffed mushrooms](#) to your holiday pot luck. You can always lighten a dish with a few simple substitutes.

- Swap whole wheat pastry flour for regular white flour
- Replace 1 cup of oil with ½ cup of oil and ½ cup of unsweetened apple sauce
- Substitute 1 cup of heavy cream for 1 cup of evaporated skim milk
- Use two egg whites or a quarter cup of egg substitute instead of one whole egg

If you are looking for a healthy holiday treat, these [baked ginger donuts with lemon yogurt glaze](#) use some of the healthy swaps mentioned above.

Enjoy the holidays. Focus on quality time with friends and family instead of the food. Holiday events are a great place to meet people and catch up. Distance yourself from the food table to minimize the amount that you eat. Engage in conversation or other interests that take your mind

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 [Carmen Lovsin](#) for more information.

#TeamLMC is still going strong with our **FitBits!** For those of you asking, they can be purchased from their website [here](#).

The LMC Leaderboard for Nov/Dec:

#1: Peter
640,495 steps

#2: Pushendra
508,225 steps

#3: Heather T.
493,809 steps

Learn how you can get a FREE CGM today!

LMC has an awesome study in Ontario that is looking at how a new technology may help better control Type 1 Diabetes in teens 12-17 years old.

Senseonics Inc. has developed a Continuous Glucose Monitoring (CGM) system that measures blood sugar levels on a consistent basis for people living with diabetes.

Speak with one of the diabetes specialists at LMC today!

1-866-701-3636
join@improvinghealth.ca

Adventure seeker with Type 1 Diabetes?

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

off food. You can volunteer to wash dishes or play with the kids. This is a helpful strategy to have fun and avoid mindless eating.

For more tips, read the full article at DiabetesSource.ca

Health and Wellness Fairs at LMC Brampton & Etobicoke Sites



The 4th quarter was an exciting time for DEP as LMC Brampton and Etobicoke piloted their first ever health and wellness fairs just in time for Diabetes Awareness month! The main purpose of these fairs is to connect patients with local community resources such as eye care, foot care, financial assistance resources, etc.

The fair in Etobicoke drew in well over 60 participants, surpassing our expectations! Based on the positive feedback obtained from the guest organizations as well as the participants, the health and wellness fairs are here to stay!

We look forward to hosting more of these fairs next year, across other LMC sites! Kudos to Anna, Sarah W., Premila, Gagan G., Arpita, Aman and Sadaf (volunteer) for devoting the time and effort needed to make these fairs a success. Great work team!

Have Painful Knee or Hip Joints?



Hip Arthritis acting up?

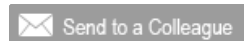
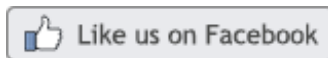
**Together we can
make a difference!
Participate in a study
today!**

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**



**Knee pain
slow you
down?**



**Arthritis pain research
studies needs volunteers.**

Research studies enrolling now.
Reimbursement for travel. Learn more here:

1-866-701-3636
join@improvinghealth.ca
improvinghealth.ca

Canadian Clinical Research Participation Survey



CCTCC
Canadian
Clinical Trials
Coordinating Centre

CCCEC
Centre canadien
de coordination
des essais cliniques

The Canadian Clinical Trials Coordinating Centre (CCTCC) would like to hear from patients and study volunteers about their experience with clinical trials!

Any individual who have been approached to participate in a clinical trial, and has either **declined**, **did not qualify**, or **participated** is invited to respond to the survey below!

Results from this survey will be used to inform researchers, research sponsors and policymakers across Canada to aid in improving study design, clinic operations and research site procedures to reduce barriers to research participation and improve the experience for study participants.

**[If you are interested to participate in this survey,
please click here!](#)**

