

Hi

Happy New Year! What does 2018 hold for us?



When the countdown begins, we start to reconcile what has happened in the last year and make plans for the New Year. It is that time of year when we look back; reflect on all we set out to do and what was accomplished. We also reflect on all we would like to change, improve, and include more or less of in our lives.

In our latest post, we talk about new years resolutions and how to turn result-oriented resolutions into realistic action plans! [Read the full article here.](#)

Announcements

LMC Optometry & Eye Care - Now Open in Barrie!

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:

Barrie - *Now Open*

Montreal Glen - *Now Open*

Montreal Ville St. Laurent - *Now Open*

Brampton - *Opening Winter 2018*

LMC & Riding on Insulin Ski Trip!

Save The Date:

March 4th, 2018

We had so much fun last year, so we're doing it again! We'll be hitting the slopes at Mt St Louis Moonstone with Riding on Insulin! Kids and teens with type 1 diabetes and

siblings/friends are welcome to join! All ski/snowboard levels welcome, even first timers! Don't miss out - Reserve your spot today!



Visit [Riding on Insulin](#) to register for the event or for more information.

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-



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!

1-833-323-JOIN

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:

