

LMC Healthcare



Summer Salads

During the summer, salads are the perfect dish to serve, they are delicious, healthy, and easy. Salads also travel well, whether you are bringing food to a friend's house or planning a picnic. Including

protein and whole grains in your salad makes them complete meals, keeping you full longer and more stable blood sugars.

Read more for recipes!

Diabetes Corner - What do you know about SGLT2 Inhibitor Medications?

In this month's issue of the LMC Insider, we are introducing a new segment to talk about current and upcoming diabetes medications and treatments in the Canadian Market.

Has your endocrinologist ever mentioned an **SGLT2 inhibitor**? In this issue, we'd like to provide some more information about this class of medications and what it may do to possibly improve the health of people living with type 2 diabetes!

Read more

I Challenge Diabetes - Exercise & Excellence Workshop for Type 1's



&
PRESENT:



EXERCISE & EXCELLENCE @ YORK UNIVERSITY

ABBOTT REPRESENTATIVES
WILL BE ON SITE TO DEMO
THE FREESTYLE LIBRE
& FIELD ANY QUESTIONS.

YORK UNIVERSITY
AUG 28TH
6 PM-10 PM
YORK LIONS STADIUM

LIGHT DINNER FOLLOWED
BY:
SELF DEFENCE, YOGA, BASKETBALL &
DIABETES DISCUSSIONS





FOR MORE INFO OR TO REGISTER ICHALLENGEDIABETES.ORG

[Learn more and register your spot!](#)



**Polarized
lenses...see
what you've
been missing!**

reduce reflected glare from the water surrounding them. But now that many others who spend time outdoors have discovered the benefits of polarized lenses, interest has increased regarding this type of sunglass.

Read more

Advanced Care Program

**Do you need help taking control of your diabetes?
Do you want to try out a new meter and app, with extra diabetes
educator support?**

You may qualify for our Advanced Care Program if:

- Your A1c is over 8%
- You are experiencing high and low blood sugars
- You have a smart phone and are interested in using an app that connects with your blood sugar meter.

Let our LMC diabetes educators help you reach your diabetes related goals!

Contact the LMC diabetes education team at depinfo@lmc.ca if you are interested in participating in this program.

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. This study will be exploring the safety of an investigational medication for lowering blood sugar levels in people living with 2 Diabetes.

Study related medication, supplies, and travel expenses may be provided.

You may be eligible to participate if you are:

- 18 years old & up
- Currently taking insulin for your diabetes (basal)
- Living with uncontrolled blood sugar
- Interested in new options for your Type 2 Diabetes
- Additional eligibility criteria also apply

Speak with a diabetes specialist today!

Call **1-833-323-JOIN**

Visit us online at improvinghealth.ca

Email research@LMC.ca

We now offer easy online booking for all your appointments!

Fill out our online form to book an appointment with your Endocrinologist, Diabetes Educator, Chiropracist, Optometrist or Pharmacist.

BOOK AN APPOINTMENT

1-866-701-3636 (ENDO)

contact@lmc.ca

STAY CONNECTED!



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