



Diabetes Awareness Month 2018

Gestational Diabetes

This year's Diabetes Month is focused on promoting long-term health after gestational diabetes. Gestational diabetes is a condition that can develop during pregnancy in women who did not have diabetes or high blood sugar before they were pregnant. Between 3 and 20 percent of pregnant women will develop gestational diabetes.

This November, our Diabetes Education team shares 3 important steps to help you and your child stay healthy if you had gestational diabetes. Plus, what can be done to prevent or delay type 2 diabetes.

Read the full article for tips and recipes for you and baby!

Exercise Your Eyes



Our LMC Optometry team shares with us some of their key tips for maintaining healthy eyes and preserving vision. Plus, tips of how to make it a priority to incorporate these into your daily life.

[Read the full article on diabetes and eye health](#)

LMC Community Health & Wellness Fair

Join us at this **FREE** event to learn more about services available in your community!
Choose from 5 different health fairs in the GTA:

LMC Clinic	Fair Date	Time	Address
Etobicoke	November 17 th	11am-2pm	1723 Kipling Ave Suite 2B Etobicoke ON M9R 4E1 (416)-645-1035
Vaughan	November 21 st	10am-6pm	1600 Steeles Ave W Unit 5 Vaughan ON L4K 4M2 (905) 763-8660
Brampton	November 24 th	10am-1pm	2979 Bovaird Drive E Brampton ON L6S 0C6 (905)595-0560
Barrie	November 28 th	10am-6pm	370 Bayview Dr Suite 110 Barrie, ON L4N 7L3 (705) 737-0830
Bayview	November 29 th	4:30pm-8:30pm	1929 Bayview Ave #107, East York, ON M4G 3E8 (416)645-2929

FEATURING:

- Exercise groups and services
- Registered dietitians
- Mental health
- Dental care
- Meal delivery services
- Eye care
- Foot care

PLUS:

- ✓ RAFFLE – win a \$50 Loblaws gift card!
- ✓ Light refreshments provided!
- ✓ Free tote bag
- ✓ Friends & family welcome

At LMC our aim is to make healthy easier for you. Join us at our Community Health & Wellness Fair to learn more about services available to you and your family to help prevent or manage diabetes, and improve overall health!

REGISTER ONLINE AT: lmc.ca/lmc-blog/lmc-health-and-wellness-fair/

To our research volunteers

Because of you and your participation, new medication, devices, and technologies are approved for use to help people living with diabetes. We thank you for being instrumental in making a change to peoples lives and diabetes care in Canada.

thank you

*Medications & devices
approved because of your
support:*

Eversense CGM Ozempic
Invokana Tresiba
Jardiance Toujeo

& more!

Are you ready to take control of your diabetes, but need a little help?

Do you want to try out a new meter and app, with extra diabetes educator support?

If so, you may qualify to participate in LMC's Advanced Care Program!

You may qualify for the Advanced Care Program if:

- Your recent 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
- You aren't using a CGM or FGM such as Dexcom or Freestyle Libre

Let our LMC Diabetes Educators help you reach your diabetes goals!

Ready to get started? Simply send us an e-mail at depinfo@lmc.ca and let us know you're interested. One of our diabetes educators will reach out to give you more details and get you started.

Learn more about your
Type 2 Diabetes
in a flash!*

1-833-323-JOIN
research@lmc.ca

 *Speak with a
diabetes specialist
today about how
you can use a
**FLASH GLUCOSE
MONITOR!**

We now offer easy online booking for all your appointments!

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

BOOK AN APPOINTMENT

1-866-701-3636 (ENDO)

contact@lmc.ca

STAY CONNECTED!

