



Fall in love with
taking care of yourself

ABCDEs of Diabetes & Self-Care Tips

Between the daily demands of work, finances, families, and many other things, it's not always easy to balance our priorities. This can often lead to stress, and for some, anxiety and other negative emotions. Living with a chronic disease in addition to our day-to-day life, can be very demanding. Living with diabetes in particular can be quite overwhelming because of the constant demands put on the person living with this disease. Monitoring blood sugar regularly, taking medication and/or insulin injections, dealing with hypoglycemia (low blood sugar) and making many decisions regarding nutrition and activity can take a toll on someone's mood.

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LMC

Optometry
& Eye Care



SUNGLASSES:
A HEALTH NECESSITY,
A FASHION MUST

To kick off National Sunglass Day
LMC Optometry & Eyecare are offering

20% OFF*

**ALL PRESCRIPTION &
NON-PRESCRIPTION SUNGLASSES
FOR THE MONTH OF JULY**

**Some exclusions apply*

Come find the right designer sunglasses for you
and protect yourself with style!

**LMC & DarioHealth -
Your Partners in
Self-Management**

Self-management doesn't mean you're
managing alone!



Diabetes is a self-managed condition. While you may visit your health care team on a regular basis, you will be the one managing your diabetes day-to-day. For most people, this includes checking your blood sugars; taking your medications or insulin; eating healthy; exercising; taking steps to reduce your risk of complications; learning to troubleshoot daily diabetes

challenges; and finding healthy ways to cope with the emotional side of diabetes. Self-management is all about developing the skills, knowledge and confidence you need to make decisions about managing your diabetes through a variety of life situations - but it doesn't mean that you're managing alone! Your diabetes team at LMC is here to help you along the way, to make sure you have the tools and support you need to be successful in your journey to living well with diabetes!

[Read more](#)



At-Home Foot Care Tips and Tricks:

Action Steps for
People Living
with Diabetes

Chiropodists (Foot Specialists) recommend individuals living with Diabetes to incorporate at least one foot assessment per year as a part of their annual medical check-ups. Here are some tips and tricks to help keep your feet healthy at home all year round!


[Read more](#)



LMC Healthcare and Diabetes Canada are committed to the fight against diabetes. LMC's Diabetes Prevention Program provides Canadians with the support they need to make small incremental changes over time to improve their health which may reduce their risk of developing Type 2 Diabetes.

Learn more and find out if you're eligible to join the study!

[Read more](#)

 LMC MR

Living with
Type 1 Diabetes?
Have a passion
for **exercise?**



1-833-323-JOIN



join@improvinghealth.ca

Are you living with Type 1 Diabetes and LOVE to exercise? While it is super important to stay active, it is common for individuals with Type 1 Diabetes to experience hypoglycemia after working out.

Finding a pattern to help manage these lows can be challenging, but the newest clinical trial at LMC Manna Research can help. The goal of this study is to identify and understand these patterns to help provide some guidelines to those with Type 1 Diabetes in order to better manage blood sugars with intense activity. Speak with a research specialist today to see if you qualify to participate!

For more information, please visit our website at
www.improvinghealth.ca/diabetes204

1-833-323-JOIN (5646) - join@improvinghealth.ca

Book Your Next Appointment Online

**No more waiting on the
phone... Easy & Convenient**

Since the beginning of January this year,
our team has:

Answered over **28,630 calls**

And only **4.2%** of the appointment requests were booked online

With the increasing number of calls every day, our online appointment system helps to free up our staff to answer calls for those who need more help.

FREE up your care team's time. For your next appointment, make sure you try our online booking system at:

**BOOK AN
APPOINTMENT**

The screenshot shows a mobile web browser interface for the Medeo online booking system. At the top, the status bar shows 'Lebara', signal strength, Wi-Fi, time '4:22 pm', and battery level '22%'. The address bar shows 'booking.medeohealth.com' with a lock icon and a refresh button. Below the address bar is a header 'LMC - BAYVIEW' with a hamburger menu icon. A blue notification box with a bell icon and a close 'X' button contains the text: 'PLEASE NOTE: If you have an existing appointment, and want to cancel and book a new appointment, please make NOTE of that in the notes section of the booking'. Below the notification, a text block states: 'To request an appointment with LMC - Bayview using Medeo, please complete the following steps:'. The first step is '1 Select a Provider' with a dropdown arrow. Below this are three provider options, each with a circular profile icon and a name: 'Dr. Adam Telner', 'Dr. Oren Steen', and 'Dr. Nina Wine'. At the bottom of the screen is a navigation bar with five icons: a back arrow, a forward arrow, a share icon, a bookmark icon, and a tab icon.

STAY CONNECTED!

