



## 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 & 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!

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Chiropractors (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](http://www.improvinghealth.ca/diabetes204)

**1-833-323-JOIN (5646) - [join@improvinghealth.ca](mailto:join@improvinghealth.ca)**

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our team has:

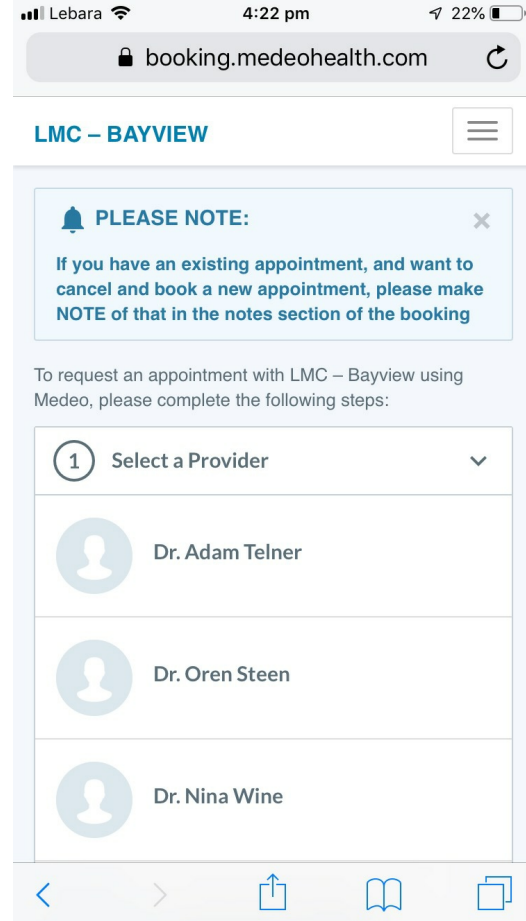
Answered over **28,630 calls**

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

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

**BOOK AN APPOINTMENT**



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