



## May is Eye & Foot Health Month

There is a lot to think about when it comes to your health and diabetes, however, your diabetes team is here to help along the way. Your endocrinologist, diabetes educator and pharmacist are part of your routine follow-ups, but do you visit an eye doctor and a foot specialist regularly? An eye doctor (optometrist or ophthalmologist) and a foot specialist (chiroprapist) are specialists who can help prevent and treat diabetes related complications related to your eyes and feet.

[Read more](#)



## Goodbye Boots, Hello Sandals!

Hellooo Sunshine! Many Canadians welcome May's warmer weather for the long, sunny days, the enjoyment of cool drinks, and the chance to wear open-toed shoes. Though, before you take on summer adventures in last year's sandals, it's important to ensure that this footwear still fits well to your feet as jumping back into them quickly may introduce blisters and sores.

[Read more](#)



We often take our eyes for granted, sometimes not realizing our eyes are sensitive organs. They are constantly exposed to our harsh environments and our constantly changing weather. Our eyes play a vital role in our daily wellness, and it is important that we do our best to protect them through diet and healthy lifestyle choices.

likely failure strategies defined define concept theory external useful accept resolution fellow active consume most

being idea largely internal **psychology mind** approaches time task questionnaires physical psychological technique action people goal trace

skills typical **attitude** negative **thinking** something **optimism** **positive** life optimalists relation try optimistic goals

target better intelligence step **mental** pessimism one shown **health** **optimists** steps purposes **explanatory** style logic test much including **best success** think possible **philosophy** good **research** perfectionism analysis failures word

theoretical relationship **style logic** focused learn **best success** original perfectionists successfully **philosophy** perfectionism attributional term attempts state

things knowledge experiences explain depression consistently **research** opposite correlation assessment

terms disease through human simply control ability used

Join us for this seminar by Miranda Conley, Registered Psychotherapist, to learn more about managing feelings of being overwhelmed, major life transitions (such as a new diagnosis), stress, anxiety and thoughts or behaviours which may be standing in the way of making healthy choices, improving your mental health, and increasing your overall quality of life.

[REGISTER](#)



## Upcoming Events In The Community

**Toronto Sun Life Walk to Cure Diabetes for JDRF**

Sunday June 9<sup>th</sup>

Canada's Wonderland

Check in starts at 8:00am and the Walk begins at 10:00am

[LEARN MORE & REGISTER!](#)





The **LMC Manna Research** Team is always excited to share new research opportunities for people who are living with Type 2 Diabetes. We are at an exciting time in Type 2 Diabetes research, and always want to provide members of the community access to the latest upcoming medications and technologies on the market.

*Do you have Type 2 Diabetes?  
Are you looking to contribute to important innovations in research?  
**Then we may have an opportunity for you!***

We strive to make healthy easier and encourage people to learn more about clinical research opportunities that can possibly help with the improvement, or maintenance of diabetes. Consider becoming an advocate for healthcare innovation and cutting edge diabetes care by taking part in clinical trials at LMC Manna Research.

Think this is something you would like to learn more about?  
We would love to hear from YOU! Contact us today to see how you can participate!

**1-833-323-JOIN (5646) - [join@improvinghealth.ca](mailto: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 '22%'. The address bar shows 'booking.medeohealth.com' with a refresh icon. Below the address bar, the page title is 'LMC - BAYVIEW' with a hamburger menu icon to its right. A light 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 this, 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 tabs icon.

**STAY CONNECTED!**

