



Diabetes Awareness Day Event

Diabetes Awareness Month  
Weekly Challenges

Prevent Your Chances of  
Developing Diabetes

Canadian Diabetes Prevention Program

LMC's Community Health & Wellness Fair

Diabetes & Your Eyes

Take Charge of your Kidney Health and  
Type 2 Diabetes!

Action Steps for People Living with  
Diabetes

**An Ounce of Prevention**

Patient Stories



## World Diabetes Day Celebration

Join us in raising awareness and celebrating the fight against diabetes! Learn more about the progress we've made as a community to-date and what more needs to be done to end diabetes.

### When:

Thursday, November 14th  
9:00AM – 10:30AM

### Where:

Diabetes Canada Toronto Office  
522 University Ave  
(Industrial Alliance Building),  
2nd floor Curry Room

## Diabetes Awareness Month Weekly Challenges

To help celebrate diabetes awareness month and encourage healthy living across our community,



## DIABETES AWARENESS MONTH

### WEEK 2

MEET YOUR WEEKLY GOAL  
OF 150 MINUTES OF  
EXERCISE

ADD ON ANOTHER 10  
MINUTES OF EXERCISE  
EVERY DAY THIS WEEK



each week will have a different theme social challenge in an effort to (1) **raise awareness about diabetes**; (2) **improve your health** and (3) **inspire others to make positive changes** to their lifestyle.

Join us by taking part in our weekly challenges and help spread awareness about living healthy with diabetes. Comment below on which of the above challenges you accept. Tag 3 people you would like to join you in your challenge.

Update us on your progress by posting to the hashtags  
**#NDAM #CDPP** and tagging **@lmchealthcare**

## Prevent Your Chances of Developing Diabetes



[Learn More](#)

### Over 50% of diabetes can be prevented

Currently, 1 in 3 Canadians are living with pre-diabetes or diabetes. It is estimated that every 24 hours, 620 Canadians are diagnosed with diabetes. That is over 226,000 new diagnoses per year!

While diabetes is very common, many Canadians don't know that there are types of diabetes or how they are managed differently.

## LMC's Community Health & Wellness Fairs

Join us at our Health & Wellness Fairs to learn more about community services available to you and your family to help prevent or manage diabetes, and improve overall health!

[Learn More](#)

LMC

COMMUNITY  
HEALTH &  
WELLNESS  
FAIR 2019







LMC Optometry is a proud supporter of Diabetes Awareness Month and the Canadian Diabetes Prevention Program (CDPP).

During the month of November we will make a [donation](#) to the CDPP when you buy a set of frames. Help us increase awareness and prevent diabetes by purchasing a great pair of new glasses today!

[Visit LMC Optometry](#)

### Take Charge of your Kidney Health and Type 2 Diabetes!

LMC Manna Research is recruiting volunteers who have Type 2 Diabetes and existing kidney disease to participate in a clinical research trial that will provide access to an investigational medication that may reduce the risk of kidney and heart health issues in the future.

[Learn More](#)



## Action Steps for People Living with Diabetes



[Learn More](#)

Happy Diabetes Awareness Month! Every November, LMC is committed to helping our community gain more knowledge around the topic of Diabetes, and the Chiropody and Foot Care Team would like to share some helpful tips and tricks to keeping your feet healthy at home.

Having Diabetes may open avenues for further foot complications, so please don't hesitate to connect with a member of the Chiropody Team directly if you have any questions by calling 1.844.LMC.FOOT (562.3668) or emailing [footcare@lmc.ca](mailto:footcare@lmc.ca).

Did you get your...

# FLU SHOT?



There's a saying, "*An ounce of prevention, is worth a pound of cure!*" To avoid getting a cold or flu this season, keep these tips in mind:

- Get your flu shot. It takes 2 weeks to reach full effectiveness, so the sooner you get your shot, the sooner you are protected!
- Wash your hands frequently to keep germ transfer to a minimum.
- Get enough sleep in order to help your immune system function at its best.
- Drink enough water to make up for the drier air and the extra running around you may be doing.

## What to do, when you've got the flu (or cold)...

Despite our best efforts, we all sometimes get sick. If you have diabetes, please keep the following in mind:

- Ask your pharmacist about over-the-counter medication for your cold or flu symptoms. They can recommend sugar-free options and check to make sure a product doesn't interact with your other medications or aggravate any other medical conditions, such as high blood pressure.
- If you are at risk of dehydration, are vomiting or have diarrhea, know when to temporarily stop taking certain medications. Your pharmacist or Diabetes Educator can let you know which medications to stop and when to start back on them. Diabetes Canada also has a helpful handout, [Stay Safe When You Have Diabetes and Are Sick or at Risk of Dehydration](#).

# Patient Stories

Inspiring the diabetes community, one story at a time



[View Stories](#)