



Keep Healthy During This Cold & Flu Season

The season is changing! Fall is rapidly approaching, the temperature is cooling and back to school is in full swing. Many enjoy this time of year but for some it also means the dreaded cold and flu season. Remember to get your flu vaccine this year and every year! When living with diabetes, there are some important things to consider if you become sick.

[Read more](#)



Have Diabetes? Get Your Flu Shot and Other Recommended Vaccinations

People with diabetes often have a weakened ability to fight off infection. That's why you'll hear your healthcare team cautioning you to protect yourself from infections, whether it be from the flu or from cuts and scrapes.

[Read more](#)



Learn how you could participate in a research study of an investigational drug for preventing respiratory illness associated with Respiratory Tract Infections (RTIs)

LMC Manna Research would like to let you and your families know about a research study that we are conducting at our clinics. We are recruiting volunteers who are over the age of 65 and are non-smokers to participate in a clinical research trial that will provide access to an investigational medication that may help prevent respiratory tract infections such as cold, flu, pneumonia and bronchitis.

[Learn more](#)

"Surviving Your Transition 101"

COME & **JOIN**  **US**

October 15th, 2019
@ 6:00 pm

What you need to know about adult diabetes education programs and resources for the future!

Come meet the LMC diabetes team and DHF alumni to learn more about transitioning to adult care. You'll get to:

- ◇ Meet the LMC Vaughan Diabetes Team
- ◇ Learn more about adult diabetes education centres and what you need to know while transitioning
- ◇ Receive an e-copy of "Guide to Successful Transition to College and University"
- ◇ Take a tour of the clinic.
- ◇ Have discussions with DHF Alumni and other T1 Families
- ◇ HAVE FUN!

Presented By:

DHF DIABETES
HOPE
FOUNDATION

LMC



Join Us on Oct. 15th
Starting at 6:00pm
LMC Vaughan – 1600
Steeles Avenue West,
Suite #5, Concord ON
L4K 4M2

REGISTER ONLINE!



Research on high cholesterol with vascular disease or diabetes recruiting now.

HAVE HIGH CHOLESTEROL (HC)? DIABETES OR VASCULAR DISEASE?

Heart Health Research Study Recruiting participants now.

Call 1-833-323-JOIN today!

LMC Manna Research is seeking people to participate in a research study for people being treated for high cholesterol and who also have either diabetes or vascular disease (coronary artery disease, cerebrovascular disease, or peripheral artery disease).

[Learn more](#)

WANT TO LEARN MORE ABOUT:

- Meal planning for diabetes
- How to adjust your insulin doses
- How to prevent complications

**...But find it difficult to take time off
work or travel to the clinic?**

JOIN US ONLINE!

You can learn about these topics and more through our many **Diabetes Education Sessions** - now offered online and in the evenings!



All sessions are free and registration is simple – just go to www.lmcvirtual.as.me/ to browse our list of topics and sign up.

STAY CONNECTED!

