



VISION HEALTH MONTH

FOOT HEALTH MONTH

HAPPY

Your multidisciplinary diabetes care team here at LMC wants to ensure you stay safe and healthy during the COVID-19 pandemic. Please see below for some important information and resources we hope you find helpful during these difficult times.

LMC Healthcare Services Available During COVID-19

Covid-19 has surely impacted every Canadian and every healthcare facility in Canada. At LMC Healthcare we remain dedicated to Making Healthy Easier for our patients. Click the link below for an overview of the services available at this time.

[Learn More](#)

May Is Vision Health Month – Learn How to Keep Your Eyes Healthy

The COVID-19 pandemic has caused a huge stir, disrupting many of our habits. Over the past several weeks, social distancing has made it so that many of us are more exposed to screens than usual. Whether you are relying on YouTube for your workout; using Zoom to hold meetings; connecting with friends through FaceTime; or watching all your favorite shows on Netflix – we are using more devices for a longer part of our day. This in turn is making our eyes work extra hard by focusing on all of these different screens and blue light is the worry.

[READ MORE](#)

A Message From the Director of Chiroprody

May is Foot Health Month. At this time every year I reach out to promote the importance of foot care, and having a foot specialist as part of your health care team. I educate people on who Chiroprodists and Podiatrists are, and how we can help you maintain your optimal foot health.

I remind and advise you to see your foot specialist for annual and routine assessments to reduce your risk of foot complications. The reason I do this is podiatric assessments and treatments will help you keep your feet safe and healthy.

[Read More](#)

Join Our Free Virtual Foot Care Workshop

Join us online on **Wednesday, May 27 at 2pm** for an educational workshop from the comfort of your own home! This session will be held by LMC's Director of Chiroprody and Foot Care - Nicole Joseph, D. Pod. M!

As new updates are being released regarding COVID-19, we want to equip you with the right tools to ensure your optimal foot heath.

***Topics Covered:**

- How to properly take care of your feet during COVID-19
- Tips & tricks to maintain your foot heath at home
- Take home messages for you to share with your family & friends

*Maximum capacity - 50 participants

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Tips and Tricks for Healthy Home Foot Care During COVID-19

1. Inspect your feet daily

- Check your feet and toes every day for cuts, bruises, or sores
- Moisturize your feet – apply moisturizers such as creams or lotions to the top and bottom of the feet, not in between the toes

2. Protect your feet

- If you have neuropathy, do not go without shoes, even in the home
- Inspect shoes for foreign objects, animal hair, pebbles, etc., prior to putting them on
- Avoid socks with seams that may rub and cause blisters or other skin injuries, and white socks are best

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Taking Care of Your Diabetes During the COVID-19 Pandemic

Managing diabetes can be tricky, especially when having to deal with self-isolation, increased stress and new routines. Join us for our live workshop *Taking Care of Yourself during the COVID-19 Pandemic* for helpful information on how to manage your diabetes during these difficult times. We'll be covering everything from diet and exercise to taking care of your mental health and more!

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Diabetes Depot

Canada's Original Online One-Stop-Shop for Insulin Pump Supplies!

Updates during the Covid-19 pandemic:

- We've got a new logo! Hope you like how it highlights that we're still a Canadian company and also part of the LMC family of diabetes specialized care.
- Stock level updates: At this time we are very strong for Medtronic and Unomedical products, good for Libre and Guardian 3 sensors, and limited for Roche and Ypsomed.
- Delivery notices: Canada Post and other Couriers are experiencing very high order volume and have informed us that deliveries may take 3-5 business days longer.
- **Save \$10 off your order!** We're in the process of refreshing the website and would appreciate your thoughts on how we can make your online experience better. Please complete our [website survey](#) to receive a \$10 coupon code to use on your order.



COVID-Vaccine Research Myths

Vaccines are important, providing the ability for our bodies to build immunity to illnesses and diseases that could be detrimental to our health. Unfortunately vaccines are greatly misunderstood; that's why we created a guide to help you better understand how they work.

Read More

Volunteers Needed

If you or someone you know are interested to learn more about research opportunities to help advance COVID-19 research, contact us at research@lmcmanna.com or by reaching out to our team [here](#).



