



DIABETES AWARENESS MONTH

November is Diabetes Awareness Month

Currently, **1 in 3 Canadians are living with pre-diabetes or diabetes**. It is estimated that every 24 hours:

- More than 20 Canadians die of diabetes-related complications
- 480 more Canadians are diagnosed with this devastating disease
- 14 Canadians have a lower limb amputation
- And our health care system spends \$75 million treating diabetes

Because of this, **Diabetes Canada has launched the Diabetes Canada 360 framework with the goals of:**

- 90% of Canadians will live in an environment that reduces their risk of diabetes
- 90% of Canadians will be aware of their diabetes status
- 90% of Canadians with diabetes will be engaged in preventing complications
- 90% of all Canadians will achieve improved health outcomes

Here at LMC, we have launched some initiatives to align with the Diabetes Canada 360 framework. Click below to learn more about what LMC Healthcare is doing and how you can help.

[READ MORE](#)



LMC Healthcare Diabetes Awareness Month Webinar Series

The ABCDE's of Diabetes

We're excited to have your entire LMC care-team talk with you about living a healthy life with diabetes, and how you can take action to prevent complications!

Session 1: The ABCD's (of the ABCDE's) Wednesday, November 18th 7pm EST

Join our **endocrinologist** Dr. Andrew Boright as he talks everything A1C, blood pressure and cholesterol. We'll also have one of our Diabetes Educator Pharmacists give you the inside scoop on drugs to decrease your heart disease risk.

Name: _____ Date: _____

LMC **ABCDE's of staying healthy with diabetes**
Here's what you need to pay attention to in order to stay healthy with diabetes:

A	is for A1C This is a lab test that measures blood sugar control over 3 months. Aim for a result of 7% or less by keeping blood sugars between 4-7 mmol/L fasting and 5-10 mmol/L, 2 hours after a meal.	Diabetes Measure A
B	is for blood pressure control This can be measured at home or at your doctor's office. Aim for a result of 130/80 or less.	Diabetes Measure B
C	is for cholesterol The bad cholesterol is called LDL, and is measured in the lab. Aim for a result of 2.0 or less.	Diabetes Measure C
D	is for drugs to protect your heart Diabetes increases your risk of coronary artery disease, heart attack and stroke. You may be recommended blood pressure and cholesterol medications to protect your heart.	Diabetes Measure D
E	is for exercise and healthy eating Make time for regular physical activity. Follow a healthy eating plan.	Diabetes Measure E
S	is for self-management You are the most important person when it comes to managing your diabetes. Set goals for yourself. Seek support when needed.	Diabetes Measure S
S	is for screening Get checked regularly for: - Eyes & Feet - See your eye doctor and foot doctor once a year. - Kidneys - A urine test called uACR measures the health of your kidneys. Aim for a result of less than 2.0.	Diabetes Measure S
S	is for quitting smoking Make a quit today. Ask for help if needed. Speak to our Pharmacist about the Quit Smoking Program, including how to curb cravings and control nicotine withdrawal.	Diabetes Measure S

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1-800-701-3636 (ENDD) | contact@lmc.ca | lmc.ca

Session 2: The E's and S's (of the ABCDE's) Wednesday, November 25th 7pm EST

In our second webinar, join our Diabetes Educators, Chiropodists, Optometrists and Pharmacists to dive further into healthy eating and exercise, how to take care of your eyes and feet, and stress management and smoking cessation tips!

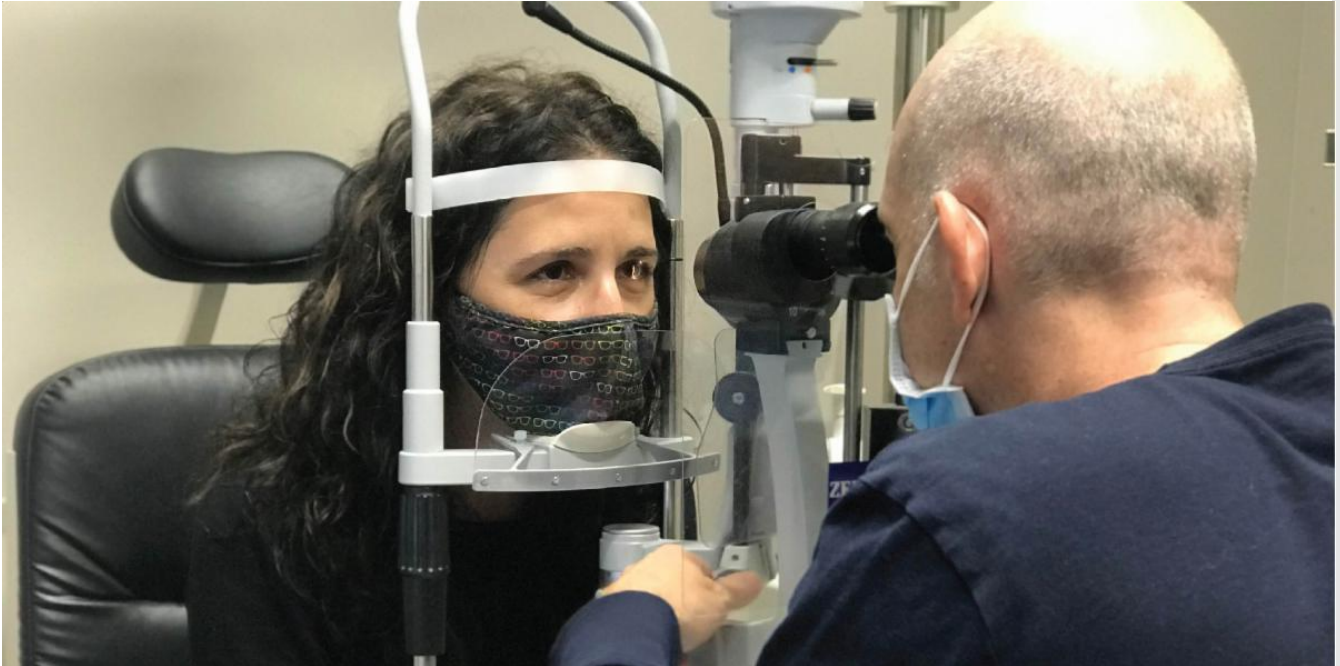
Whether you're just starting out on your diabetes, or prediabetes journey, or have been living with diabetes for years, these webinars are for you!

Both webinars will have a presentation format with 30 minutes of Q&A.

[Click here](#) to register for either webinar!



COVID & Healthy Eyes



As COVID-19 continues to dominate the headlines, protecting yourself and those around you is vital as is looking after your health including the health of your eyes.

Coronavirus is transmitted from person to person mainly through airborne “respiratory droplets” produced when an infected person coughs or sneezes, much like how the flu virus spreads. These droplets can easily enter your body through the mucous membranes on the face, such as your nose, mouth, and yes — your eyes.

It’s important to understand why you need to look after your eyes and what you can do to maintain healthy eyes and optimal vision.

[READ MORE](#)



Diabetes & Your Foot Health



Foot problems are common in people living with diabetes. Diabetes restricts the blood from travelling through the smalls blood vessels in our feet. This can cause difficulty for even the smallest of cuts to heal, and can potentially lead to infection. Our nerves and sensation can also be affected which may cause symptoms such as, numbness and tingling to arise. Routine foot care should be an essential part of managing your condition. According to the International Diabetes Federation, seeing your chiropodist at least once a year reduces your risk of amputation by 85%. It is not too late to book a diabetes foot risk assessment with a chiropodist near you!

Keeping your feet healthy, especially during this time, is imperative for your overall health. Click below to learn about our **7 action steps to ensure your optimal foot health.**

[READ MORE](#)



Workshops

Curious to learn more about the FreeStyle Libre Flash Glucose Monitoring System?

LMC & Abbott Diabetes Care invite you to attend two free, live, online education sessions to learn about the FreeStyle Libre flash glucose monitoring system.

Getting Started

During this session you will have a chance to learn how to apply your sensor, what to expect when using your device, and the benefits of using this technology.

When you register we will also send you a sensor and reader to get started, so it's worthwhile to register early so your sensor arrives prior to the session.

Date: Friday, November 13, 2020

Time: 12:00PM

REGISTER NOW:

<https://attendee.gotowebinar.com/register/7605072750450308621>

Event ID: 956-901-851

Getting More

During this session you will learn how to read and understand your FreeStyle Libre scan, and learn about how your reports – such as time in target, low-glucose events and daily patterns – can support your daily life.

Date: Friday, November 27, 2020

Time: 12:00PM

REGISTER NOW:

<https://attendee.gotowebinar.com/register/5717160708024078605>

Event ID: 610-813-835



Do you have Type 1 Diabetes?



LMC Manna Research is looking for individuals who have Type 1 Diabetes to participate in a clinical research trial involving an investigational medication to help prevent overnight hypoglycemia. Study related medication, supplies, and travel expenses may be provided.

If you are:

- 18 years to 65 years old
- Living with Type 1 Diabetes for at least 5 years

You may be eligible to participate! Speak with a diabetes specialist today!

Visit us online at [improvinghealth.ca](https://www.improvinghealth.ca)

**SPEAK TO A RESEARCH
PROFESSIONAL TODAY!**

**1-833-323-JOIN
RESEARCH@LMCMANNA.COM**



"D" is for "Drugs to decrease heart disease risk"



If you have diabetes, you have a greater risk of heart disease. Find out how you can protect yourself.

[READ MORE](#)





Diabetes Depot

Diabetes Depot has a new website!

Diabetes Depot is Canada's original one-stop-shop for diabetes and insulin pump supplies, savings and support! Owned and operated by LMC Pharmacy-Brampton, our team of Certified Pump Trainers, Certified Diabetes Educators and fellow T1D pumpers are happy to share our new platform!

Of course, you are always welcome place your order in the most convenient way for you:

Online: www.diabetesdepot.ca

Toll-free phone: 1-888-678-8887

Email: info@diabetesdepot.ca

LMC Exclusive Coupon Codes!

Save **\$25 off** your first order over \$200. Use code: **WELCOME-LMC**

Save **\$10 off** your order over \$200. Use code: **LMC-VIP**

