



Summer Heat and Its Affects



This summer has been HOT, HOT, HOT! In this heat, it's especially important to ensure we are well hydrated. Spending the days outside, at the beach, or even inside with no A/C can put us at risk for dehydration. Dehydration can pose serious health risks, particularly for individuals with diabetes.

Causes of Dehydration

You've likely heard your doctor or diabetes educator talk about the risk of dehydration when we're sick, especially when we're vomiting or have diarrhea. There are a few other causes that we should consider...

[Read More](#)

Dry Eye Syndrome

The tears your eyes normally produce are necessary for overall eye health and clear vision. Dry eye occurs when your eyes do not produce enough tears or produce tears that do not have the proper chemical composition. Dry eye symptoms can result from the normal ageing process, hormonal changes, environmental conditions, excessive computer work, medications, and other health conditions such as diabetes.



[Read More](#)

No Limits with T1D 2020 Virtual Conference

Diabetes Canada's No Limits with T1D Conference is an annual educational event, specifically geared towards people living with type 1 diabetes, and their support network. Bringing the type 1 community together, this two-day event features expert speakers on diabetes management, information on diabetes related products and services, and the latest breakthroughs in research.



In accordance with guidelines from the World Health Organization and Public Health Agency of Canada, Diabetes Canada is taking this year's conference on-line, presenting our first virtual conference in support of the type 1 community across Canada.

Please visit <https://nolimitsconference.ca/> for more information or to register!



STEPPING UP FOR HEALTHCARE

Nurses walk close to 10,000 steps - almost 8km - in an average 12 hour shift. With the increased need for healthcare workers due to COVID-19, they are doing and moving even more so we don't have to.

Over the last few months physical activity has dropped anywhere from 80-90%. As an organization, we're stepping up for healthcare and are encouraging others to get moving with us... [Read more here.](#)

COVID-19: TREATMENT & PREVENTION STUDY

We are currently recruiting adults who are in environments where there are COVID-19 cases. The research project involves offering a preventative treatment that could potentially protect people from transmission. It is a nasal spray/rinse treatment and a gargle with a molecule sometimes used to treat chronic sinusitis. **Find out if you are eligible here.**



LMC Healthcare | 1929 Bayview Avenue, Suite 107, Toronto, M4G 3E8 Canada

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [About our service provider](#)

Sent by contact@lmc.ca powered by