



## Heart Health Month

February is heart health month! People living with diabetes are at an increased risk of heart disease and stroke. However, you can reduce your risk with healthy behaviours such as diet and exercise as well as taking medications to protect your heart as recommended by your physician.

There is lots of misinformation out there that makes it difficult to know where to start when it comes to dietary changes. Here are a few healthy types of foods to increase in your diet to keep your heart healthy.

[Read More](#)

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## COVID-19 & Heart Health

The Heart & Stroke Foundation of Canada has [heart-related statistics](#) to share when it comes to COVID-19:

- Data shows that people who have a heart condition or vascular disease, or who have had a stroke, are at higher risk of complications if they are infected with COVID-19. So it's important to do everything you can to avoid infection.
- While COVID-19 is typically considered a threat to the lungs, there is an additional threat to the heart. People with pre-existing heart conditions are particularly vulnerable and face a higher risk of dying from COVID-19.
- People with high blood pressure have nearly 2 ½ times higher chances of dying if they contract COVID-19, compared to those with no underlying conditions.

[Read More](#)

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## Your Feet & Your Heart

Did you know that your feet can tell you a lot about your heart health? It's true – your feet hold clues about the state of your coronary arteries that transport oxygenated blood back to your heart. Knowing how to properly take care of your feet will not only have a direct impact on your foot health, but your overall health as well.

We encourage you to read our article “Your Feet & Heart Health”. This article will educate you on what signs to look for, and why it is important to have your feet checked at least once a year.

[Read More](#)

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### 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.

#### **Getting Started with the FreeStyle Libre System**

**Date:** Friday, February 12, 2021

**Time:** 12:00PM

**REGISTER NOW:**

<https://attendee.gotowebinar.com/register/5236958901638492172>

Event ID: 473-655-963

**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.

#### **Getting More from the FreeStyle Libre System**

**Date:** Friday, February 26, 2021

**Time:** 12:00PM

**REGISTER NOW:**

<https://attendee.gotowebinar.com/register/3488677139358406924>

Event ID: 347-737-827



## **GPGN – HEART HEALTH & T2D STUDY**

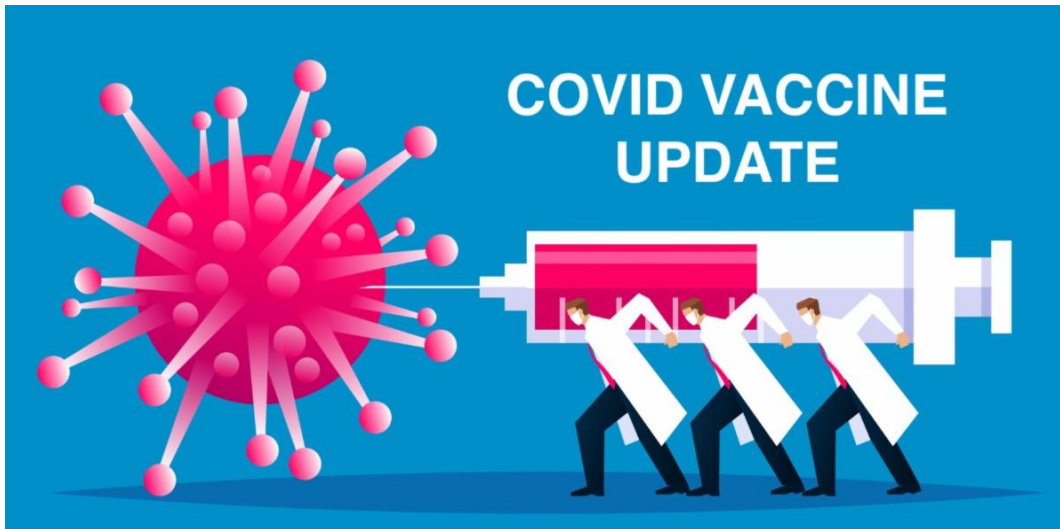
New options for lowering blood sugars and cardiovascular conditions available now!

LMC Manna Research is seeking volunteers who have Type 2 Diabetes to participate in a research study for an investigational medication that may lower blood sugar.

Eligible participants must have Type 2 Diabetes and an existing heart condition.

Speak to a research professional today!

**1-833-323-JOIN**  
**[research@lmcmanna.com](mailto:research@lmcmanna.com)**



## COVID-19 mRNA Vaccine Information

The health buzz kicking off 2021 is COVID-19 vaccinations! Depending on what part of Canada you are in, your age and your living arrangements, you may have been part of the fortunate group who have already received your COVID-19 vaccine. For the majority of Canadians however, including most healthcare professionals, we are still patiently waiting. In the meanwhile, questions abound. Let's tackle some of these here and give you credible resources for ongoing updates too.

[Read More](#)

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## COVID-19 RESEARCH STUDY

2020 was a tough year. As we continue into 2021, be part of helping people across the world start to heal.

A new COVID-19 vaccine is entering critical stages of research, and we need your support! By participating in a COVID-19 trial, you will be positively impacting the health of everyone across the world. We all want to go back to normal - this is our chance to do it.

Roll up your sleeves, and participate today! Learn more about volunteering at LMC Manna Research for a COVID-19 vaccine trial at [1-833-323-JOIN](tel:1-833-323-JOIN) or [covid@lmcmanna.com](mailto:covid@lmcmanna.com)

A poster for a COVID-19 research study. The background is yellow. On the right is a profile of a woman with long braids, wearing a green tank top, with a bandage on her shoulder. The text 'LMC MR' is in the top left. The main text reads 'ROLL UP YOUR SLEEVES' in large green letters, followed by 'HELP END THE FIGHT AGAINST COVID-19' in smaller green letters. At the bottom, it says '1-833-323-JOIN • covid@lmcmanna.com'. Small text at the bottom left reads: 'If you are 18+ years old &amp; in good health, you may qualify to join the vaccine study! Compensation may be available during clinical trial participation.'

# Have Questions About Managing Your Diabetes During COVID-19?

If you have questions about your diabetes, but are unable to have in-person or virtual appointments with your usual healthcare providers, here are some helpful resources:

Diabetes Canada has staffed up their call lines with more CDEs to assist people with questions during the pandemic. Call **1-800-BANTING (226-8464)** or email [info@diabetes.ca](mailto:info@diabetes.ca)

Diabetes Depot is an online diabetes supply store operated by LMC Pharmacy and our team of Certified Pump Trainers, CDE nurses, dietitians and pharmacists and fellow T1D pumpers are available to help with your product and care questions. Contact us at [info@diabetesdepot.ca](mailto:info@diabetesdepot.ca) | **1-888-678-8887** | [www.diabetesdepot.ca](http://www.diabetesdepot.ca)

**Free Online Group Education Workshops** are available from the LMC Healthcare Diabetes Education Program. Choose from a variety of topics, including Taking Care of Yourself During COVID-19, Carb Counting and Advanced Sessions.



## Diabetes Depot

**Now carrying MY YpsoPump supplies!**

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 the good news that **we now carry YpsoPump supplies!**

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

- 24/7 at [www.diabetesdepot.ca](http://www.diabetesdepot.ca)
- Toll-free phone 1-888-678-8887 answered by a friendly, knowledgeable service representative when calling 9am-4pm EST
- Email [info@diabetesdepot.ca](mailto:info@diabetesdepot.ca)

### LMC Exclusive Coupon Codes!

- WelcomeLMC      \$25 off your first order over \$200
- LMCVIP            \$10 off your order over \$200

