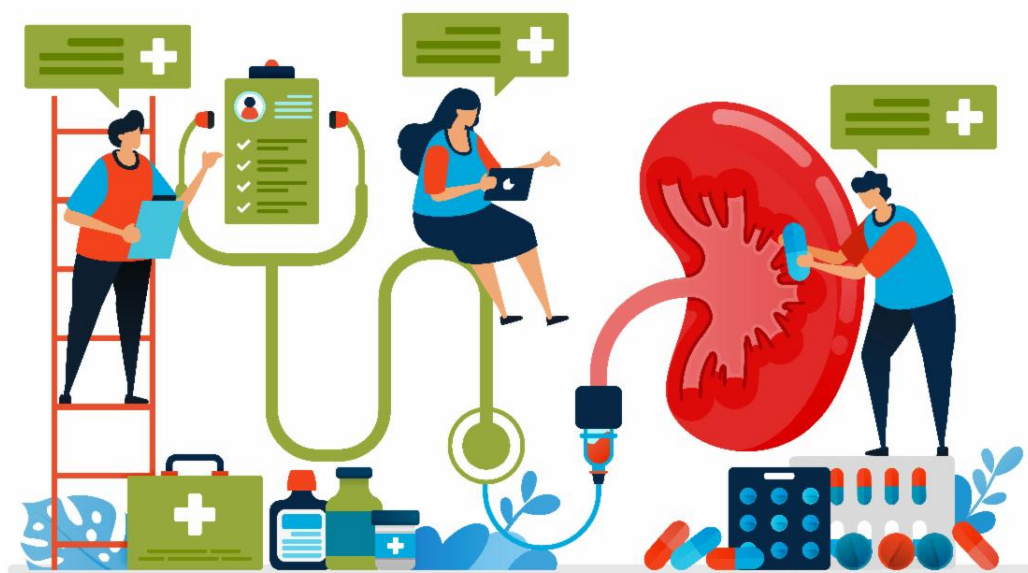




Happy Kidney Health / Nutrition Month



Nutrition Month

This year it's all about finding what foods work for you and make you feel your best. There is no "one size fits all" when it comes to healthy eating! There are so many factors that influence what and how we eat. This is why it is important to remember that "healthy" can look different for everyone.



[Read More](#)

Workshops



Join us *online* for a live cooking demonstration on **Heart Healthy Recipes** on **March 25th at 7 pm**. This session is facilitated by **Lara Katz - Registered Dietitian and Certified Diabetes Educator**.

[Register](#)



Ramadan is the holy month of fasting for people of Islamic faith, which begins on April 12th. Do you want to get tips on observing the fast safely?

Join us *online* for **Ramadan Workshop** on **March 13th at 11 am** in **Hindi/Urdu**. This session is facilitated by **Rachna Gill – Registered Nurse and Certified Diabetes Educator**. “See” you there!

[Register](#)

Is Edema Affecting Your Feet & Legs



Did you know that kidney disease can affect both your feet and legs? When you have kidney disease, extra fluid and sodium in your circulation may cause edema (swelling due to fluid build-up). Compression stockings are a great way to prevent swelling in the legs and feet.

[Read More](#)

More than prescriptions...

March is Pharmacist Appreciation Month! Pharmacists can provide you with more than prescriptions. Here are some highlights and featured services that are available from our LMC Certified Diabetes Educator Pharmacists.



[Read More](#)

COVID-19 RESEARCH STUDY

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.

You may be eligible if you're:

- 18 years of age or older
- Generally healthy
- Not experiencing any symptoms of COVID-19

[Learn More](#)

BE SUPPORTIVE **BE SAFE**

BE AWARE **BE KIND**

BE READY!
COVID-19 research opportunities available.

LMC MR
1-833-743-0625 | lmcmanresearch.com/COVID-19 | covid@lmcmanna.com

FLOW RESEARCH STUDY

Making Healthy Easier: Introducing New Options for Controlling Kidney Functions and Type 2 Diabetes!

LMC Manna Research is recruiting volunteers who have Type 2 Diabetes and existing kidney dysfunction to participate in a clinical research trial that will provide access to an investigational medication that may reduce the risk of kidney and heart health issues in the future.

Up to 40% of patients with type 2 diabetes (T2D) have some degree of chronic kidney disease (CKD). For majority of the cases, the kidney damage is directly caused by poorly controlled diabetes. Diabetes remains the single leading cause of kidney failure requiring chronic dialysis treatment or kidney transplantation. Yet there remains a major unmet medical need to improve the treatment

MAKING HEALTHY EASIER

Innovative Kidney Treatment Options Available at LMC Manna Research

SPEAK WITH A DIABETES SPECIALIST TODAY!

LMC MR
1-833-329-3060 | RESEARCH@LMCMANNA.COM | LMCMANNARESEARCH.COM

of CKD in patients with T2D. This is an opportunity to help advance medical knowledge that could lead to new treatment options for CKD in patients with T2D.


Study participants who satisfy applicable requirements will be compensated for their time and will receive products and supplies free of charge.

To participate in this study, participants must:

- Be over the age of 18.
- Have Type 2 Diabetes
- Have been told to have moderate to severe kidney disease

You may be eligible to participate!

Speak with a diabetes specialist today!

 1-833-323-JOIN

 research@lmcmanna.com

 Lmcmannaresearch.com



Tandem is coming this month!

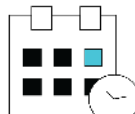
Certified Diabetes Educators and fellow T1D pumpers are happy to share the good news that effective mid-March, we will carry **Tandem insulin pump supplies!**



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