



Diabetes & Oral Health

People living with diabetes may have a higher risk of developing complications to the teeth, gums, and tongue due to changes in the body and a weakened immune system. High blood sugar, also known as hyperglycemia, plays a role in increasing these risks, so it is important to routinely monitor and manage your blood sugar levels.

Let us look at some of the oral conditions to be mindful of and ways to prevent them and care for your oral health.

[Read More](#)

Goodbye Winter Boots, Hello Summer Shoes & Sandals!

Spring has sprung – and with that, it’s time to put away our winter boots and bring out our summer footwear! We all know that when we start wearing shoes for a different season, blisters and sore feet often occur, leaving our feet in pain.

Read more for tips to keep in mind when switching up your footwear this spring.

[Read More](#)





Your Eyes and Overall Health – It’s All Connected

It’s important to remember that the eyes are connected to many other systems in the human body. That makes routine eye exams an important part of preventative healthcare — regardless of your age or physical health.

[Read More](#)

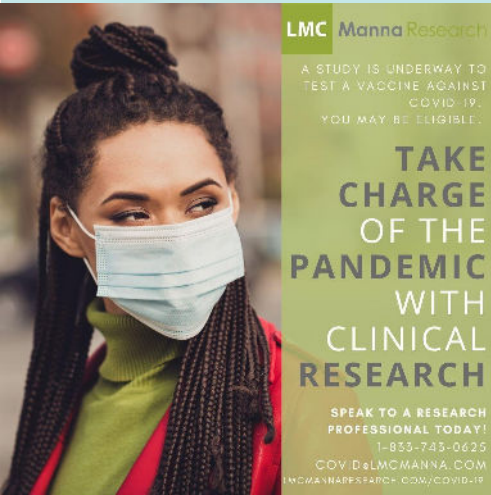
LMC Manna Research is looking for healthy adults to participate in a clinical research study. The study is investigating a vaccine for COVID-19.

- You may be eligible if you’re:
- 18 years of age or older
 - Generally healthy
 - Not experiencing any symptoms of COVID-19

**Note: Additional eligibility criteria will also apply*

Speak to a research professional today!

[LMC Manna Research](#)
[1-833-743-0625](#)
covid@lmcmanna.com



Workshops

Interested in learning more about your Foot Health while living with Diabetes?

Join our LMC Chiropody Director and Registered Chiropodist, Nicole Joseph for a free **VIRTUAL workshop to learn tips & tricks** on how to have healthy feet while living with Diabetes

[Sign Up](#)

Specialty Workshop: Meal Planning Tips

Trying to eat healthy but find it difficult to plan your meals? Don’t worry, we’ve got your back.

Introducing our Specialty Workshop “Meal Planning Tips” hosted and facilitated by our very own Registered Dietitian and Certified Diabetes Educator – Molly McLaughlin.

The workshop will take place on May 13th at 7.30 pm. Register now by using the link below. limited spots available. See you there!

[Sign up](#)

Freestyle Libre and Freestyle Libre 2 – What’s the Difference?

Have you heard? There’s a new Libre in town! The Freestyle Libre “flash” glucose monitor now has a “version 2”, called the **Freestyle Libre 2**. Read on to find out about the differences, compatibilities and new features...



[Read More](#)



Diabetes Depot

Now carrying Tandem and Freestyle Libre 2!

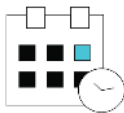
Certified Diabetes Educators and fellow T1D pumpers are happy to share the good news that we now carry **Tandem insulin pump supplies** and the **NEW Freestyle Libre 2** glucose monitoring device!



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