

## Diabetes Source - our online pharmacy & resources centre!

Are you using an insulin pump to manage your diabetes? Visit [Diabetes Source](#) or [contact us](#) to check out our very competitive prices on pump supplies!

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## Do you have a relative with type 1 diabetes?

The **TrialNet Type 1 Diabetes Research Group** is screening relatives of people with Type 1 diabetes to find out if these family members are at risk for developing diabetes. A simple blood test could detect an increased risk for type 1 diabetes up to 10 years before symptoms appear. Finding out if you are at increased risk for this disease is important because you might be eligible to join research studies that are testing ways to *prevent or delay* type 1 diabetes.

### WHO CAN PARTICIPATE?

First-degree relatives (children, siblings, parents) of people with type 1 diabetes between the ages of 1 - 45.

**AND**

# LMC Insider

## Greetings!

With February being Heart Month across Canada, we wanted to devote this issue of Insider to keeping our precious hearts healthy.

Read below for more about some exciting research opportunities to manage our cholesterol levels, and how thinking FAST could help you save a life one day. As well, we're focusing on healthy sleep habits for this month's challenge - give it a try!

*If you participated in our recent survey about Diabetes, we wish to THANK YOU!*

*We had a fantastic response rate and we look forward to using our results towards new initiatives in Diabetes care.*

Team LMC is still going strong with our FitBits, and for those of you asking, they can be purchased from their website [here](#).

### Monthly Staff Update from the LMC Fit for Fun Leaderboard:

**#1: Lydia with 495,041 steps**

(Clinical Research Coordinator, LMC Bayview)

**#2: Sofia with 381,862 steps**

(Registered Dietitian, LMC Thornhill)

**#3. Dr. Boright with 287,213 steps**

(Endocrinologist, LMC Bayview)

**#4: Hitu with 273,578 steps**

(Senior Lab Technician, LMC Etobicoke)

**#5: Michael with 253,812 steps**

(Referrals Administrator, Head Office)

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## SLEEP

In December and January we challenged you to look at things differently and in February we want to challenge you one more time! What if we told you that if you just do this longer it could break down a huge barrier to weight loss? Or if you did this most nights that your ability to make healthy eating choices during the day could be easier?

Second-degree relatives (aunts/uncles, cousins, nieces/nephews, grandchildren) of people with type 1 diabetes between the ages of 1 - 20.

**WHERE:** Royal Victoria Regional Health Centre - Child and Youth Diabetes Centre - Unit 1SA  
201 Georgian Drive, Barrie, ON, L4M 6M2

**WHEN:** Wed April 8<sup>th</sup>, 2015 from 3:00pm - 7:30pm

**For more information or to book an appointment please call 1-866-699-1899 (toll-free)**

## Diabetes Education Workshops

Visit the front desk at your clinic to sign up for any of our workshops, taught by our team of Certified Diabetes Educators.

- \*Living With Diabetes
- \*Carb Awareness
- \*Pattern Management
- \*NEW\*
- \*Advanced Skills
- \*Conquering Cholesterol
- \*Supermarket Smarts

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## Our Advanced Self-Care Program

On insulin or diabetes medication?  
Checking your blood sugar?  
Are the numbers just too confusing? Frustrating? Unexplainable? All of the

This month we challenge you to look at **sleep** differently!

There is mounting evidence that sleep is directly related to weight management. Not sleeping 7-8hours per night can lead to the following:



- More hunger during the day
- Increased opportunity to eat...we are up longer!
- Higher levels of a specific stress hormone which has been related to abdominal fat
- Increased overall risk of weight gain
- More variability in our blood sugars

How can we get more sleep? Try some of these tips:

- Create a **bed time routine** to help you relax before actually crawling in. This will break up the stress that occurred during the day and your precious sleep. The routine will also be a signal to your body that it is time for bed.
- **Avoid caffeine** before bed as this can signal your body to stay awake! Choose herbal teas, club soda, or water when it is close to bedtime.
- Keep your bedroom **dark, quiet and comfortable**.
- **Avoid having bright lights** from cell phones, tablets and TVs before going to bed and during the night.
- Regular exercise! Exercising on a consistent basis helps you fall asleep faster and enjoy a deeper sleep. (If you're someone who becomes more energized and awake after exercise, it may be best not to exercise in the evening, so make sure your exercise routine makes sense for YOU.)

**Sweet Dreams!**

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## We can help!

Do you have a friend or family member who has Diabetes and is struggling with their Diabetes Management? We can help!

Have them email us at [referrals@lmc.ca](mailto:referrals@lmc.ca)  
or call us at **1-866-701-ENDO**.

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## Focus on Cholesterol

When cholesterol levels are too high, blood vessels can become narrowed or clogged, leading to heart disease, one of the most common health risks for people with diabetes. A good analogy are the old lead water pipes that still supply many parts of Toronto - over time, the rust on the insides leads to narrowing ( **angina**), clogging (a '**heart attack**') and even breaking (an **aneurysm**).

above?!

LMC is excited to be running an **Advanced Self-Care Program** to help you learn more about patterns in your blood sugar and give you the tools to manage your diabetes.

If you are taking insulin OR [oral diabetes medications](#), unhappy with your current A1c, and want to learn more about recognizing patterns in your blood sugar, **please contact your LMC office and ask to speak to a diabetes educator** about the **Advanced Self-Care Program**.

The **Advanced Self-Care Program** offers the following:

**Regular check-ins** with your diabetes educator over six months

**An opportunity to try out the Bayer Contour USB meter** (which uses the most accurate test strips currently available)

For those taking insulin, attending our **new Pattern Management Workshop** to learn about all the things that can affect the blood sugar "roller coaster".

A focus on the skills to be able to **manage your diabetes on your own** & help you **become the expert** in your own individual diabetes care!

 [Join Our Mailing List](#)

We've been using a medicine called statins for two decades now, which have done a great job of reducing cholesterol levels and have been shown to reduce the chance of heart attack or stroke by half. Many of us don't reach target levels with statins - OR - many also can't tolerate statins due to rare but annoying side effects (muscle aching). Researchers around the world are trying to find a better solution - and the most likely answer might be in **PCSK9**. In our bodies, PCSK9 lowers our ability to process our own LDL ("lousy") cholesterol. If we could slow down PCSK9 or block it, we would be able to naturally process LDL cholesterol more effectively and clear it from the blood in the natural way.

LMC Specialists have been working extensively with PCSK9 blockers and the early studies have pointed towards very promising LDL cholesterol lowering.

**If you are interested to learn more about research opportunities - please email at [research@lmc.ca](mailto:research@lmc.ca) or call us at 1 866 701-3636.**

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## Think F.A.S.T.!

People living with diabetes are at a higher risk of experiencing a stroke, and an even higher risk of stroke recurrence. It is therefore extremely important for those living with diabetes, as well as their family, friends, and coworkers, to know the signs of a stroke. **The Heart and Stroke Foundation** has launched the **FAST** campaign to empower people to recognize the signs and to act **FAST**. **LMC Diabetes** is encouraging all patients and staff to become familiar with what **FAST** represents so that we can save lives. If you would like to learn more, visit the [Heart and Stroke Foundation website](#) or ask an LMC staff member at your next visit.

### FAST

**F**ace Drooping

**A**rm Weakness

**S**peech Difficulty

**T**ime to Call 9-1-1

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