

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!

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

Updates! 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 above?!

LMC is excited to be running an **Advanced Self-Care Program** to help you learn more about patterns in your

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LMC Insider

Greetings!

Happy New Year!

We hope you had a wonderful holiday break and are all settling into 2015 nicely so far.

This month we're continuing the conversation about looking at healthy habits and exercise differently - we hope many of you started a healthy habit in December to give yourself a New Year's head start!

In LMC news, we can now confirm your physician or diabetes educator appointment by **e-mail** and/or **text message!** We're happy to remind you of your next appointments in whichever way is most convenient for you. At your next visit, please ensure that we have **correct contact information** for you on file.

As well, if you're headed to one of our offices for a follow up appointment with your physician, please remember to bring your **actual medication bottles** with you, so we can record your prescriptions accurately.

Team LMC is still going strong with our FitBits, and for those of you asking, they can be purchased from <https://www.fitbit.com/>.

Monthly Update from the LMC Fit for Fun Leaderboard:

#1: Lydia with 242, 646 steps

(Clinical Research Coordinator, LMC Bayview)

#2: Naomi with 178, 083 steps

(Training Specialist, Diabetes Education Program)

#3. Heather with 172, 921steps

(Registered Dietitian, LMC Barrie)

#4: Dr. Boright with 171, 994 steps

(Endocrinologist, LMC Bayview)

#5: Laura with 168, 976 steps

(Registered Dietitian, LMC Barrie)

Exercise: Beyond Calories Burned

Welcome 2015! Many of us, with the New Year finally here, are considering eating healthier and being more active.

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!

Stay Connected with Diabetes Source

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You may have already got started with thinking a little **differently** about December as encouraged in the last LMC Insider.

Traditionally exercise has been considered a strategy to burn energy or calories. We question how many calories we burned or if we did enough.



In January, we challenge you to **look at exercise differently** than just the calories burned.

Regular physical activity is a key strategy to managing stress levels (which can reduce possible weight gain!), as well as improving the quality of our sleep. Considering that a lack of sleep itself can make it more likely for us to gain weight, exercise is a neat way to improve both our sleep & stress levels, with the hopes of keeping our weight stable as well!

Look at it as having more of an effect on the "**calories in**" than "**calories out**". If you find that you are someone whose appetite is often driven by:

- high stress levels
- depression
- emotional eating
- poor sleep quality OR general sleep issues

... and you're looking to keep your weight on track this year, consider looking at exercise as an unexpected way to help!

Any exercise is good exercise and more is always better. Instead of wondering if you are doing enough think about all the positive changes you are doing just by starting some kind of exercise!

Let's keep moving in 2015!

Thank You!

A large part of the work conducted at LMC is researching new therapies and devices to treat patients with Diabetes and Metabolic diseases. Over the years, we have been able to provide many different and unique opportunities to the volunteers who participate in our research.

As the new year begins, LMC would like to take this time to thank all of the volunteers that were involved in research in 2014. It is because of all of you that we can learn more about treatment options and insight on how to manage your disease better.

As we continue to be internationally recognized for our work in

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research we are expanding the opportunities in hopes to further advance the options available to Canadians.

We look forward to 2015 as we embark on a new year with new opportunities, and wish to thank you in advance for considering or any future involvement in our research.

If you are interested to learn more about research opportunities - please email at research@lmc.ca or call us at 1 866 701-3636.

"There exist limitless opportunities in every industry. Where there is an open mind, there will always be a frontier." Charles Kettering

Could you be a medical hero?

LMC Diabetes wants to thank the millions of people who participate in research studies each year anonymously. You are the only reason that we are able to advance medical knowledge and develop more effective and convenient medications for future generations.

Have you ever considered participating in a clinical research study, but don't feel comfortable with your knowledge of clinical studies? The **Center for Information & Study on Clinical Research Participation** strives to educate, inform and empower patients, the public, and research professionals about what it means to be an active participant in clinical research. To get more information you can contact CISCRP by calling 617-725-2750 or emailing info@ciscrp.org.

LMC Diabetes & Endocrinology - Diabetes Education Program | dep@lmc.ca |

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