

## 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
- \*Advanced Skills
- \*Conquering Cholesterol
- \*Supermarket Smarts

## 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 blood sugar and give you the

# LMC Insider

## Greetings!

With a particularly long winter *almost* behind us (apologies to the East Coasters who seem to still be buried under the snow!), and Spring Cleaning just around the corner, it's a good time to try something new. If you find you're stuck in a cooking rut with the same old recipes, or not sure where to start, we suggest Cookspiration!

We really LOVE this app ([iPhone](#), [iPad](#), [Android](#))/[website](#) for finding new healthy meal ideas - suggesting recipes based on the time of day or your mood!

*"Be inspired to cook any time, day or night with **Cookspiration**, created by Dietitians of Canada. Recipe ideas are served up to suit your mood and schedule."*



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: Leandra with 444,347 steps**

(Registered Dietitian, LMC Montreal)

**#2: Lydia with 436,371 steps**

(Clinical Research Coordinator, LMC Bayview)

**#3. Sofia with 264,578 steps**

(Registered Dietitian, LMC Thornhill)

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!

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## Let Us 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

**#4: Heather with 222,168 steps**  
(Registered Dietitian, LMC Barrie)

**#5: Hitu with 212,164 steps**  
(Senior Lab Technician, LMC Etobicoke)

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## Annual Candygram Update!

Each year we run a Candygrams campaign for our staff in February, with the option to send a small treat & a kind message to their colleagues at any of our clinics, all across Canada. All money raised is then donated to a charity, with our Executive Director Dr. Ronnie Aronson generously agreeing to match it.

We are very proud to announce our most successful year yet, as we donated **\$1,188** to [Breakfast for Learning](#), and **\$1,188** to the [Canadian Women's Foundation](#)!

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## LMC in the News

We were thrilled to announce earlier this month that **LMC** and **Manna Research** have merged research operations, creating one of the largest networks of outpatient clinical research in North America. Manna Research works in clinical research across all areas of primary care and has four sites across Canada - combined with our nine LMC sites it allows for a great partnership to share resources and to ensure we continue to bring research to Canada.

We look forward to the exciting opportunities this brings our way, in both Type 1 and Type 2 Diabetes research!

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## National Nutrition Month: Eatin' 9-5

Happy Nutrition Month! This year the focus of Nutrition Month is the work day. For many of us it can feel like we are not only working 9 to 5 but we are also eating!

There are many speed bumps to healthy eating, especially in the workplace. Recognizing these speed bumps and starting to plan for them can assist with not only healthy eating but better blood sugar control too. Below are common speed bumps and tips to navigate around them!

## Stay Connected with Diabetes Source

Like us on Facebook 

Follow us on  **twitter**

 Join Our Mailing List

 Send to a Colleague

### Lunch time meetings

- Put pitchers of **plain water** on the table to quench thirst.
- Keep lunch light, ordering salads and wraps that are filled with veggies and a good source of protein (egg, tuna, turkey, chicken, lean beef). Having **balanced meals** like this ensure your blood sugars are more stable throughout the day.
- Replace sweet desserts with small portions of **nutrient-rich** snacks like fruit + nuts.



### Workplace stress eating

- Eating away your stress? Extra snacking can lead to high blood sugars. Practice **mindful eating** by asking yourself if you are truly hungry when you have a craving.
- **Take a break!** This can be a great time to distress by incorporating exercise, not to mention the positive effect it has on your blood sugars.

### The loooong commute home

- Plan a **smart snack** to have on your car ride home. Try a handful of nuts or some veggies and hummus to hold you over until dinner.

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## Fibromyalgia: New Treatments Might Help With the Chronic Pain

Up to 8% of the population are affected by the chronic pain and heightened painful responses to touch seen in fibromyalgia. However, the side effects of current treatment options limit how effective they can be.

The pain associated with fibromyalgia can be so debilitating that going about a normal day can be extremely difficult. This condition, which was overlooked for so many years, is now being studied extensively to try and come up with a treatment to alleviate the pain, without so many side effects.

A new generation of treatment is being studied that was designed to have the same effectiveness as current treatments, but with fewer side effects.

Our sister organization, Manna Research, can help you get access to these treatments for fibromyalgia.

If you would like to learn more about ongoing fibromyalgia studies, please email at [research@lmc.ca](mailto:research@lmc.ca) or call us at

1 866 701-3636.

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## 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](mailto:info@ciscrp.org).

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LMC Diabetes & Endocrinology - Diabetes Education Program | [dep@lmc.ca](mailto:dep@lmc.ca) |

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