



Diabetes Depot

2020 Fall-Winter Newsletter

Diabetes Depot has a new website!

We're happy to share the [new Diabetes Depot website!](#) We've always been about providing insulin pump supplies, savings and support. Now we have a modern platform to better interact with you!

New website highlights

- Special featured deals and "buy more, save more"
- Community hub to connect with support
- Health information and interest articles

As a welcome to the new website, please use promo code **LMC VIP** to receive \$10 off your order

Reminder: Order by December 14 for Delivery by December 31!

Courier services have notified us of delivery delays of 5-7 business days, so we encourage you to place your orders by **December 14** to receive your supplies before the end of the year.

Please note that our **holiday hours** include a **closure from December 24, 2020 to January 4, 2021**. Orders placed on December 23, after 12pm EST will be processed starting January 4.

Healthy Holidays!



If there were ever a year to emphasize health over the holidays, 2020 is it! While we are dealing with a pandemic locally and the world over, it is still flu season in Canada. This also tends to be a time of increased busyness, change of routine and cooler weather. These factors can sometimes result in you not being at your best health. Here are some tips to prevent getting sick and reminders for the holiday season.

Tips to avoid getting sick

Fortunately, many of the actions to avoid getting sick from the flu also help to prevent getting Covid-19, and vice versa. To avoid getting sick this season, keep these tips in mind:



- Get your flu shot. It's not too late!
- Wash your hands frequently to keep germ transfer to a minimum.
- Get enough sleep in order to help your immune system function at its best.
- Drink enough water to make up for the drier air and other winter activities you are doing.
- Wear a mask when you're not in your "bubble", especially if you will be within 2 meters of others or in rooms without fresh air circulating.
- Avoid touching your face.
- As much as possible, try to keep at least 2 meters apart from others when you are running errands or at appointments. Most places already have marks for this when waiting in lines, but try to also keep this in mind when you're out and about.
- Get enough exercise. If you're not "into" the great outdoors, you can still get some exercise at home. Walk around, do stairs, lift books or canned goods as weights, jump rope, dance like no one is looking – there are many creative and fun ways to get moving around the house!

Healthy Holiday Season Reminders

Busy, busy, busy! The holidays tend to be accompanied by changes in our routines. Here are some reminders to keep you healthy:

- Take your medications as prescribed, and try not to miss your dose.
- Get your prescription refills before the holidays. Make sure you have enough medication to get you through the holidays so you don't run out and have to rush for a refill.
- Stay hydrated.
- Review your "just in case I get sick care plans" – so you can avoid a more serious health decline that requires more urgent or emergency care. If you are not quite sure what to do if you get sick, get dehydrated, have lost your appetite and aren't eating as usual or have low blood sugar levels, please ask your Diabetes Educator for more information. If you don't have a Diabetes Educator, please email us at info@diabetesdepot.ca so we can offer you resources on these topics.
- Ask your pharmacist about over-the-counter medication for your cold or flu symptoms. They can recommend sugar-free options and check to make sure a product doesn't interact with your other medications or aggravate any medical conditions.
- If making health resolutions for the New Year, include getting a comprehensive medication assessment from your pharmacist so they can screen for interactions, address your medication questions and concerns, prevent side effects, check medication efficacy and help you get the most benefit from your treatments.

Roche Discontinuation of Sale of Spirit / Combo Insulin Pump Supplies

Roche has informed us that starting January 2021, they will stop supplying insulin pump supplies for their Spirit & Combo pumps. We have purchased extras to continue to meet the needs of our clients, but when these sell out or expire (in 2022), whichever comes first, you will need to transition to another pump. Please plan accordingly so your transition won't be stressful. As well, if you would like to place a bulk order, please let us know in December so we can order extra for you before the deadline.

Ending this edition on a sweet note...



This recipe for Apple Crisp Baked Apples comes to us from the Diabetes Care Community recipe board and includes an optional Tahini Drizzle!

This clean and healthy dessert is so delicious and one that you can feel great about eating. So good, that in fact, it would make a perfect breakfast.

[See Recipe](#)



Greetings,

Have you ever worried about hypoglycemia occurring overnight? Ever wished there was a way that you could prevent night time episodes?

If you have answered 'yes', then we may have a research study opportunity for you!

Hypoglycemia is a major barrier to optimal blood sugar control in people living with Type 1 Diabetes. Studies suggest that approximately half of these episodes occur at night while people are asleep, and may be undetected. While there are glucagon products available to treat severe hypoglycemia, and newer insulins are associated to reduction in hypoglycemia occurrences, there are **no available options to prevent hypoglycemia** in Type 1s.

In response to this unmet need, we are testing an investigational medication as a daily injection to prevent night time hypoglycemia.

This is a great opportunity for you to have access to investigational technology and possibly contribute to the improvement of future diabetes treatments! If you're interested in obtaining more information about one of our clinical research programs, call us (1-833-323-JOIN) or email us at research@lmcmanna.com.

Best wishes for your continued good health,
The Clinical Research Teams
LMC Manna Research

