



# Diabetes Depot

## Spring 2021 Newsletter

### May is Foot Health Month and Vision Health Month!

We hope you enjoy these articles from our friends at LMC Diabetes & Endocrinology, LMC Chiropody & LMC Optometry.

- Tandem & Ypsomed insulin pump supplies are here - get your savings codes!
- Canadian COVID-19 vaccine study opportunity
- Education opportunities
- Featured recipe

### What to Think About Before Your Next Bolus

Have you ever noticed that you can eat the exact same food over and over again, but see your blood sugars react differently each time? This can sometimes be a frustrating reality for people living with type 1 diabetes, because there are so many factors that can affect after-meal blood sugars...

[Continue Reading](#)



## Ten Best Foods for Eye Health

People often believe that failing eyesight is an inevitable result of aging or eyestrain. In truth, a healthy lifestyle can significantly reduce the risk of eye health problems.

[Read More](#)



## Do You Have A Plantar Wart?

If you are looking for a way to increase your immunity to help heal from your plantar wart, please click below to read our article “**How Zinc Can Help Heal Your Plantar Warts**”.

[Read More](#)

## Tandem t:slim and Ypsomed insulin pump supplies are here!

We'd appreciate if you spread the word and let your fellow pumpers know.

As well, we'd like to share some **savings codes** to use on your next order



**WELCOMELMC**

\$25 off your first order over \$100

**LMCVIP**

\$10 off your order over \$200



Think you might need a refresher on carb counting?  
Join us online for our carb counting workshop

[Join Workshop](#)

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](mailto:covid@lmcmanna.com)

[Visit Site](#)

There's a new  
investigational vaccine

LMC MR

We need to move forward, but we  
need your support.

Join a trial for an upcoming experimental vaccine to help fight  
against COVID-19 today!

1-833-743-0625    [COVID@LMCMANNA.COM](mailto:COVID@LMCMANNA.COM)

## Ending this edition with something Spring-y...

From the Diabetes Canada recipe collection, enjoy  
the light coconut lime flavour of **Indonesian Tofu  
Stew with Spring Vegetables**

[See Recipe](#)

