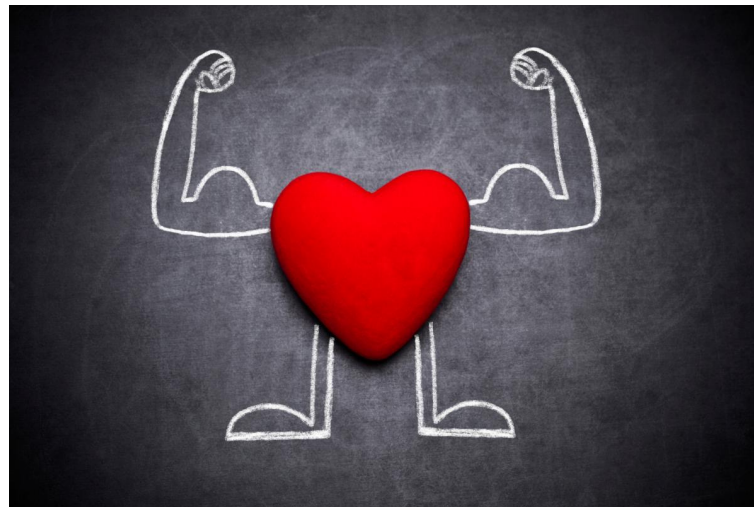




Diabetes Depot

February is Heart Health Month!

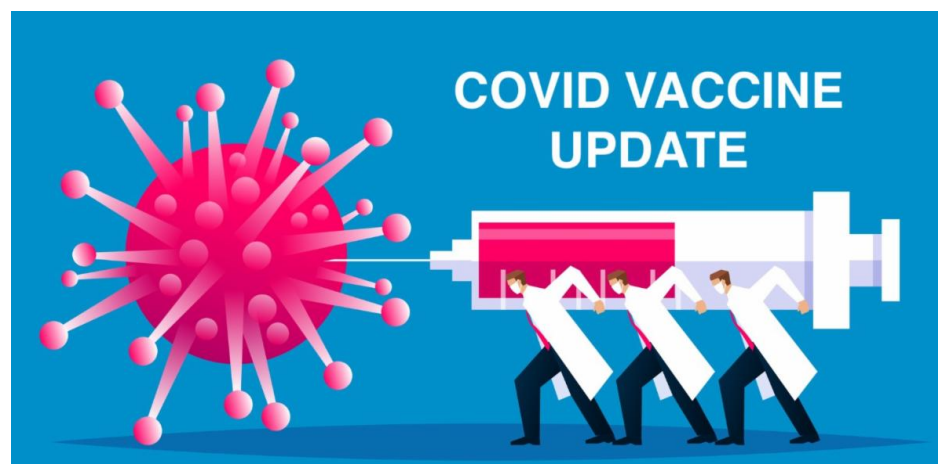
Read on for articles to update you on this topic and more –
and don't forget to use our latest exclusive savings code!



COVID-19 & Heart Health

The Heart & Stroke Foundation of Canada has **heart-related statistics** to share when it comes to COVID-19.

[Learn more about COVID-19 and Your Heart Health](#)



COVID-19 Vaccine Information

The health buzz kicking off 2021 is COVID-19 vaccinations! Depending on what part of Canada you are in, your age and your living arrangements, you may have been part of the fortunate group who have already received your COVID-19 vaccine. For the majority of Canadians however, including most healthcare professionals, we are still patiently waiting. In the meanwhile, questions abound. Let's tackle some of these here and give you credible resources for ongoing updates too.

[Learn more about mRNA vaccines Myths & Facts](#)

**Save up to
\$25 Off**

Thank you for being a loyal Diabetes Depot client!

Use coupon code **DDEPOT10** to save **\$10 off** your next order of \$100 or more!

Share coupon code **DDEPOT25** with your friends and they will save **\$25 off** a first order of \$100 or more!

Product availability Updates



We now carry MY YpsoPump supplies!

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

Order Ypsomed Products
Online

COMING SOON!

Tandem t:lock products arriving
before the end of **March 2021!**



Roche Insulin Pump Supplies – Limited Quantities Remaining on Market

Effective January 31, 2021, Roche stopped providing insulin pump supplies for their Spirit & Combo pumps. Diabetes Depot purchased extra supplies 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.

- If you would like to reserve supplies for yourself (on an as-available basis), please contact us at info@diabetesdepot.ca or **1-888-678-8887**.
- If you would like to discuss pump options or have questions, please also feel free to contact us. One of our Certified Pump Educators would be happy to assist you.

COVID-19 RESEARCH STUDY

2020 was a tough year. As we continue into 2021, be part of helping people across the world start to heal.

A new COVID-19 vaccine is entering critical stages of research, and we need your support! By participating in a COVID-19 trial, you will be positively impacting the health of everyone across the world. We all want to go back to normal - this is our chance to do it.

Roll up your sleeves, and participate today! Learn more about volunteering at LMC Manna Research for a COVID-19 vaccine trial at **1-833-323-JOIN** or covid@lmcmanna.com



Events

LMC Diabetes & Endocrinology Clinics invite you to their LADA/Type 1 Diabetes Support Groups

Diabetes Depot is affiliated with LMC Healthcare, and the Diabetes Education Program is hosting virtual support groups!

LADA/Type 1 Diabetes Support Group

Medtronic 670G Automode Users Support Group

For more information please contact Lara – lara.katz@lmc.ca

Interested in another support group?
Email depinfo@lmc.ca to let us know who you'd like to connect with!

Virtual Information Sessions

Considering transitioning to an insulin pump? These pump companies are offering virtual information sessions:

Medtronic: <https://www.medtronic.com/ca-en/diabetes/home/ourcommunity/events1.html>

Omnipod: Pod Therapy 101
Contact sperry@insulet.com for dates and to sign up

Tandem: Tandem Tuesdays
Every Tuesday from 7-8pm EST
Contact jeichler@tandemdiabetes.com to sign up

Ypsomed:
Contact april.shepherd@ypsomed.com to sign up for a virtual info session

Have Questions About Managing Your Diabetes During COVID-19?

If you have questions about your diabetes, but are unable to have in-person or virtual appointments with your usual healthcare providers, here are some helpful resources:

Diabetes Canada has staffed up their call lines with more CDEs to assist people with questions during the pandemic. Call **1-800-BANTING (226-8464)** or email info@diabetes.ca

Diabetes Depot is operated by LMC Pharmacy and our team of Certified Pump Trainers, CDE nurses, dietitians and pharmacists and fellow T1D pumpers are available to help with your product and care questions. Contact us at

info@diabetesdepot.ca | 1-888-678-8887 | www.diabetesdepot.ca

Free Online Group Education Workshops are available from the LMC Healthcare Diabetes Education Program. Choose from a variety of topics, including Taking Care of Yourself During COVID-19, Carb Counting and Advanced Sessions.



Ending this edition on a sweet note...

Just in time for Valentine's Day, this recipe for **Chocolate Almond Bites** comes to us from the My Heart Matters recipe board. These little goodies pack BIG flavour – you won't even notice there are beans inside! These take 16 minutes to prepare and have 13 grams of carbs and 2 grams of fibre per serving.

[See Recipe](#)

