

## **Diabetes suggested reading**

[Continuous Glucose Monitors \(CGM\) general discussion](#)

[Dexcom G7 freebie, discounts and set-up from home optimized for BCDiabetes](#)

[Freestyle Libre 2 25%-off coupon for BC, AB & SK residents](#)

[Freestyle Libre set-up from home optimized for BCDiabetes](#)

[shipping payment info for Dexcom G7 or Libre 2](#)

[Diabetes & diet](#)

[LifestyleRx](#)

[intermittent fasting restricted time eating](#)

[Carb counting YouTube tutorial](#)

[low sugar hypoglycemia management](#)

[High sugars](#)

[ED Erectile dysfunction](#)

[Diabetes travel letter](#)

[A Peaceful Mind](#)

[Monthly deductible](#)

[Travel letter](#)

[National Pharmacare](#)

[insulin injection technique](#)

[Insulin dose adjustment calculator](#)

[insulin experiments: fasting & test meals](#)

[Biosimilar insulins and BC Pharmacare](#)

### **Type 2 diabetes**

[Introduction to Type 2 diabetes](#)

[T2 oral medication for diabetes](#)

[T2 sick day management](#)

[semaglutide/Ozempic, tirzepatide/Mounjaro, Mounjaro hack to reduce cost, microdosing of GLP-1s](#)

[T2 clinical trials](#)

## **Type 1 diabetes**

[Introduction to Type 1 diabetes](#)

[T1 Diabetes rules](#)

[BC Pharmacare Deductible grant for 2025](#) (for families with no extended medical insurance & income < \$125,000 annually)

[insulin experiments: fasting & test meals](#)

["The Cure" - 20 minute youtube](#)

[T1 clinical trials](#)

[insulin pumps - intro](#)

[AID automated insulin delivery systems available in Canada](#)

[Looping at BCDiabetes Automated insulin delivery \(AID\)](#)

[Looping in hospital](#)

[Looping at school](#)

[Insulin pump failure](#)

[T1 sick day management](#)

[T1 & pregnancy](#)

[Screening first degree relatives for Type 1 diabetes](#) (there is now a treatment that delays T1 by 2+ years and a clinical trial)

[Skincare for pods and sensors](#)

[GLP-1s \(Ozempic & Mounjaro\) in T1D](#)

[T1 diabetes emotional support](#)

[DTC disability tax credit](#)

[RDSP Registered Disability Savings Plan](#)

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