



Patient Care + Research + Clinical Trials

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Shift work for people living with diabetes

Dear Employer

From time to time BCDiabetes is asked to advocate on behalf of its clients for relief from shift work.

Individuals living with diabetes must make significant life adjustments - these go well beyond taking oral medication, taking shots of insulin up to 5 times per day (or using an insulin pump) and frequently testing glucose/sugar levels: they must also pay close attention to diet, in particular reduction in carbohydrates, regulate their exercise and maintain good sleep hygiene. These factors make for a complex home & work life.

Shift work, in particular graveyard shifts, significantly add to life's complexity.

Though not strictly medically required, I would ask your discretion in considering my client, the bearer of this letter, for a less onerous shift schedule.

Please email any further questions or concerns to questions@bcdiabetes.ca.

Yours sincerely,

Medical Director