

2022-Dec-12

### **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](mailto:questions@bcdiabetes.ca).

Yours sincerely,



Medical Director