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Diabetes suggested reading

[Continuous Glucose Monitors \(CGM\) general discussion](#) BCDiabetes continues to advocate for coverage of CGM from the first dollar through National Pharmacare and/or to not be subject to the BC Pharmacare deductible.

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

[Freestyle Libre 3 Plus freebie \(once only\)](#)

[Freestyle Libre 3 Plus 25% off coupon & co-pay](#) - apply online now or ask the pharmacist to do it for you.

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

[shipping payment info for Dexcom G7 or Libre 3 Plus](#)

[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 2026](#) (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](#)

Short URL = <https://bit.ly/BCDreading>