



BC Diabetes Foundation

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Shift work for people living with diabetes

Dear Employer

From time to time in my work as a diabetes specialist I am asked to advocate on behalf of a client 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.org.

Yours sincerely,

Chair, BC Diabetes Foundation