

I am submitting this on the behalf of one of our doctors. He could not access the web-site.

Regarding the proposed insulin-using driver waiver issue, I am unequivocally against it. An insulin dependent diabetic may have a perfectly acceptable medical exam, excellent glycohemoglobins, and excellent eyesight with no retinopathy, but still be a high risk situation driving a truck professionally. What must be kept in mind is that when patients utilize insulin, there is always a significant risk of hypoglycemia that could result in an impaired driver, an accident, and worst of all death. Such an individual can feel perfectly normal with no hint of a low blood sugar until it is too late. Some insulin dependent diabetics who have had the condition for years may lose the sympathetic responses of hypoglycemia and be asymptomatic with blood sugars as low as 20, then suddenly "crash" both figuratively as well as literally. Truckers must work irregular schedules that often change frequently upsetting meal times, insulin schedule, etc. In addition, expecting drivers to consistently check glucose levels before driving is ludicrous. It's just not going to happen. Because of this it is my opinion that no insulin dependent diabetic belongs in a DOT trucking situation. I hope that the waiver proposal for insulin dependent diabetes mellitus is canceled for the well being and safety of both the proposed diabetic driver as well as the public at large.

Sincerely,  
Gary Gray, MD  
Occupational Health + Rehabilitation