



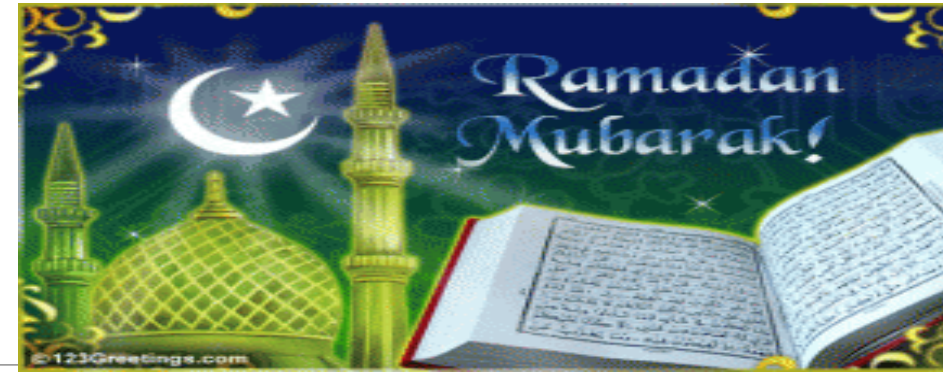
How to manage Diabetes safely during Ramadan

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رَمَضَانَ Ramadan



يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

You who have attained to faith, Fasting is ordained for you as it was ordained for those before you, so that you might remain conscious of God (*Al-Qur'an*)

رَمَضَانَ Ramadan

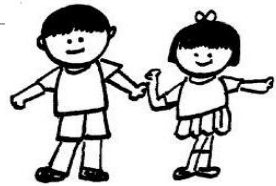


شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ
مِنكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ
وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَى مَا هَدَاكُم وَلَعَلَّكُمْ تَشْكُرُونَ

“.....Those among you who witness it, let him fast therein. Whoever is sick or on a journey, then a number of other days. God desires ease for you, and desires not hardship.....”(Al-Qur'an,2:185).

Who is exempted from fasting?

- Children
- The old and frail
- Cognitive impairment and learning difficulties
- The acutely unwell
- Those with chronic illnesses in whom fasting may be detrimental to health
- Long travel
- Pregnant , breastfeeding , menstruating women



Benefits vs Challenges of fasting

Benefits :

- Spiritual / Wellbeing
- Changing some habits

Challenges :

- Long day 19 h fast when Ramadan is in Summer
- Taking medication for chronic disease
- Managing strenuous job / hot weather

What happen to our body when we fast?

- At 8 hours fast Blood sugars started to drop
- Our body secrete less insulin and increase secretion of other hormones
- This hormonal autoregulation mechanism help release sugar from the liver and to use as energy source during the fasting periods and prevent hypoglycaemia
- If you have Diabetes this hormonal auto regulations is impaired

Risks of fasting

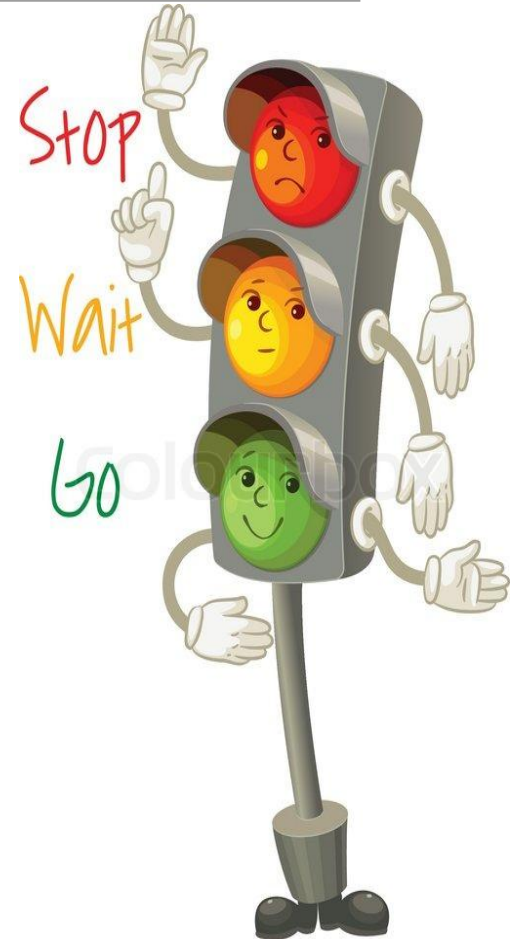
- ❖ Low blood glucose (Hypoglycaemia)
- ❖ High blood glucose (Complications)
- ❖ Dehydration

How to prepare for Ramadan

- 1-2 months prior to Ramadhan
- Discuss fitness to fast with your Health Care Professional
- Make your own decision

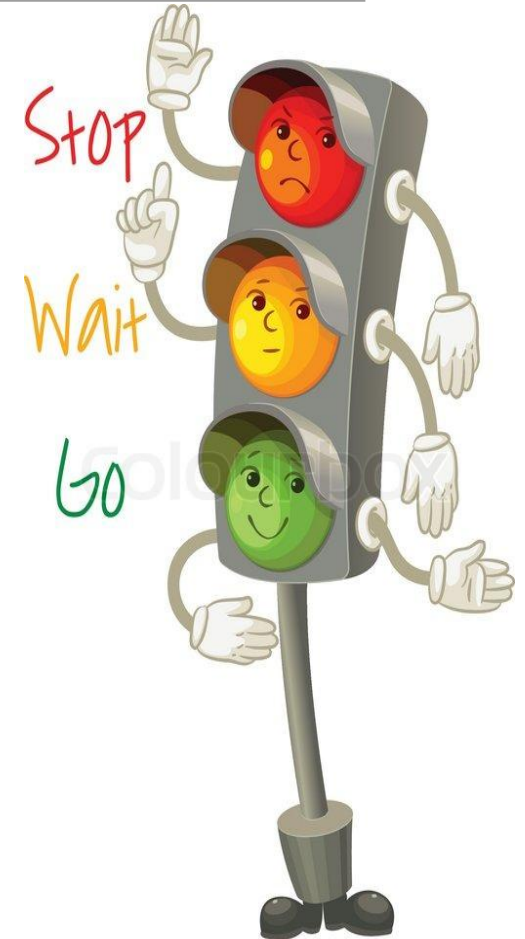
VERY HIGH RISK

- Hospital admission in the last 3/12
- Recurrent/severe hypoglycaemia
- Hypoglycaemic unawareness
- Type 1 with unstable blood sugars
- Pregnancy if treated with insulin
- Advanced eye , heart , kidney complications



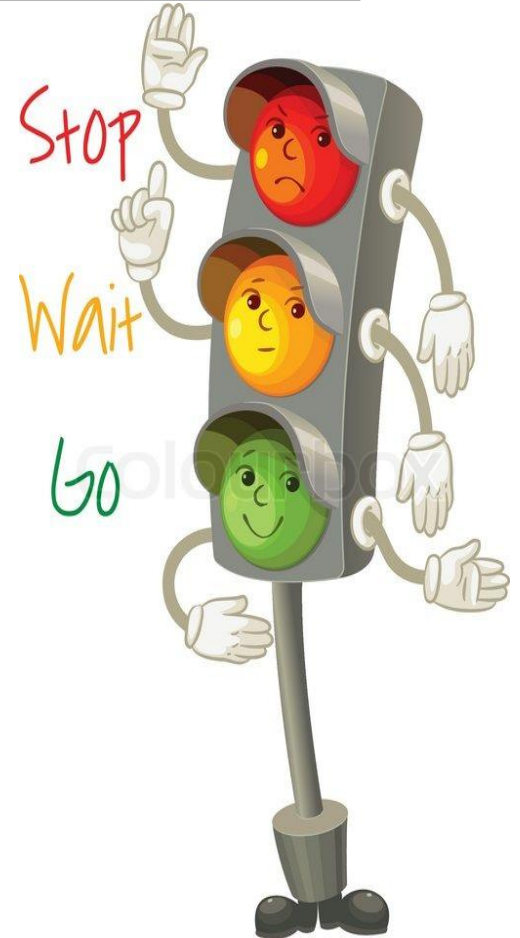
MODERATE/HIGH RISK

- Type 1 with stable blood sugars
- Type 2 on insulin with stable blood sugar
- Pregnant type 2 on diet or metformin
- Stable eye , heart , kidney complications



LOW RISK

Type 2 diabetes treated with medication that does not cause hypoglycaemia



Fasting is a personal decision

IF YOU DECIDE NOT TO FAST

- You can complete your duties by doing prayers / giving charity
- You may be able to make up the fast at later date (days shorter in winter months)

IF YOU DECIDE TO FAST

- Work closely with your Diabetes team
- Medication review
- Trial of short fast before Ramadan

How to stay health during Ramadan

- Follow medical advice regarding medication changes
- Monitor your blood glucose levels 4-6 times daily :

Break your fast :

If Blood sugar < 4 or > 16 or you feel symptoms of hypoglycaemia or dehydration

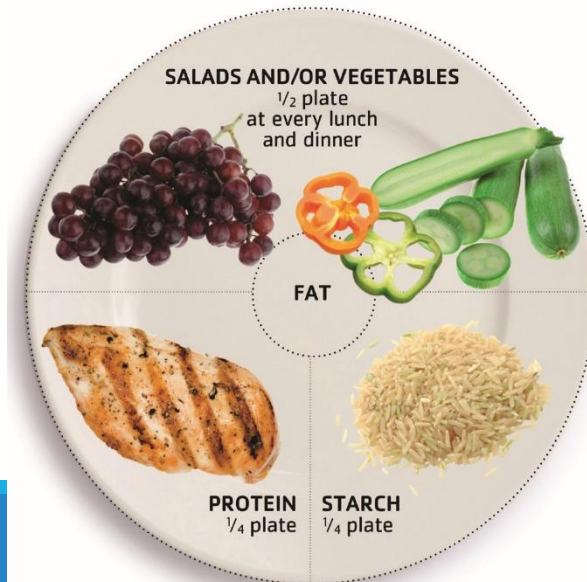
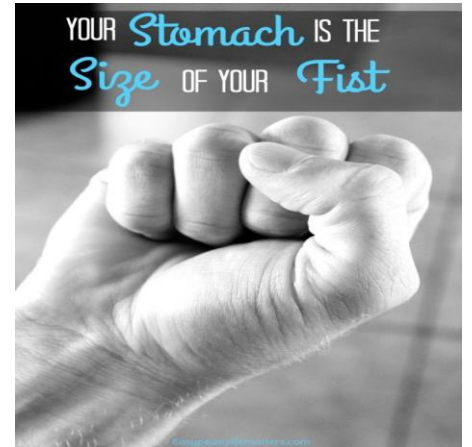
- Always carry glucose tablet and water
- Tell someone you're fasting, wear medical alert bracelet





Healthy food choices

- Have only 1-2 dates to break the fast
- Portion size
- Chose wholegrain options (release energy slowly)
- Choose chicken and Fish instead of red meat
- Lentils, beans and pulses are low fat source of protein
- Include fruit, vegetables and salads in your meals





Healthy choices



- Avoid using ghee and butter
- Use baking and grilling instead of frying
- Reduce sugary food such as sweets
- Reduce the amount of salt in your cooking
- Adequate hydration with water in the non fasting hours
- Light / moderate exercise should be fine
- Golden opportunity to stop smoking and to lose weight

How to stay healthy after Ramadan



Take Home Messages

- ❖ Fasting during Ramadan is possible for many people with Diabetes but safety comes first
- ❖ Work closely with your healthcare team
- ❖ Monitor your blood sugars and know when to break your fast
- ❖ Your health is a trust from God and protecting it is part of your faith

*Thank
you*

