

Diabetic...?

**Fast Well
In Ramadan**



RAMADAN
Kareem



With the compliments of

Julphar Diabetes

QUALITY ACCESSIBLE CARE

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Fast Well In Ramadan

Ramadan is the ninth month of the Islamic calendar. This annual observance is one of the five pillars of Islam. During the month of Ramadan, all healthy, adult Muslims are required to fast from dawn to sunset. Although the Quran exempts sick people from the duty of fasting, many Muslims with diabetes may not perceive themselves as sick and are keen to fast.

People with diabetes who fast can have acute complications and the risks may increase with longer fasting periods.

Patients exempted from fasting (based on doctor's recommendation) **include:**

- Type 1 diabetes
- Type 2 diabetes with unstable disease
- Diabetes with complications
- Elderly patients with diabetes
- Pregnant women with diabetes



Major risks associated with fasting in patients with diabetes

- Hypoglycemia
- Hyperglycemia
- Diabetic ketoacidosis
- Dehydration
- Thrombosis

Breaking the fast:

All patients should understand that they must always and immediately end their fast if hypoglycemia (blood glucose < 60 mg/dl [3.3 mmol/l] or less) occurs. Fasting should also be broken if hyperglycemia (blood glucose exceeds 300 mg/dl [16.7 mmol/l])

Hypoglycemia Symptoms:

- Feeling Tired
- Shaking
- Sweating
- Headache
- Hunger
- Feeling nervous or anxious
- Feeling cranky
- Trouble thinking clearly
- Double or blurred vision
- Fast heart beat

Hyperglycemia Symptoms:

- Dry mouth
- Thirst
- Frequent urination
- Blurry vision
- Fatigue or drowsiness
- Difficulty breathing



Dehydration Symptoms:

- Increased thirst
- Dry mouth
- Tiredness or sleepiness
- Decreased urine output
- Urine color is more yellowish than normal
- Headache
- Dry skin
- Dizziness

Four key areas to fast well in Ramadan:



Meal planning

During Ramadan there is a major change in the eating pattern compared with other times of the year. The diet during Ramadan for people with diabetes should not differ significantly from a healthy and balanced diet.

Therefore, patients should consider the following dietary advices:

- The common practice of ingesting large amounts of foods rich in carbohydrates and fats, especially at the sunset meal, should be avoided.
- Slow energy release foods (as grains, wheat, semolina, beans and rice) should be taken before and after a daily period of fasting.
- Only a small amount of monounsaturated oils (as olive oil) should be used in cooking.
- Foods high in saturated fat and sugar-rich sweets should be minimized.



Exercising

- Regular light and moderate exercise is safe in type 2 diabetes patients.
- Rigorous exercise is not recommended as the risk of hypoglycemia may be increased.
- Continue the usual physical activity, especially during non-fasting periods.
- Prayers including Tarawih (Al-Qeyam) should be considered as part of the daily exercise regimen as they involve standing, bowing, prostrating and sitting.



Blood glucose monitoring

Capillary blood glucose testing should be done when:

- The patient suspects having symptoms of hypoglycemia (subjective to the individual).
- The patient is unwell (eg, has a fever).
- Testing at other times may be useful only if patients are able and willing to adjust their diabetes treatment regimens, such as insulin dosage titration.



Recognizing and managing complications

Patients should be aware of the warning symptoms of dehydration, hypoglycemia and hyperglycemia and should stop the fast as soon as any complications or acute illness occur.

Imsakeya - Ramadan 1435 H.

امساكية رمضان ١٤٣٥هـ

Blood glucose level		مستوى السكر في الدم		Imsakeya - Ramadan 1435 H.										امساكية رمضان ١٤٣٥هـ	
قبل الصبح Before Sahur	بعد الصبح After 1-2 hrs	قبل الإفطار Before Iftar	ظها Mid-day	صباح Morning	العتمة Isha	المغرب Maghrib	الحجر Astr	الظفر Dhuhri	التروق Sunrise	الفجر Fajr	المسك Imsak	الشهر Month	الغرة Gregorian	اليوم Day	الرقم Hijri
					8:42	7:12	3:56	12:29	5:41	4:21	4:11	يوليو July	20	الأحد Sun	22
					8:41	7:11	3:56	12:29	5:41	4:21	4:11	يوليو July	21	الاثنين Mon	23
					8:40	7:10	3:56	12:29	5:42	4:22	4:12	يوليو July	22	الثلاثاء Tue	24
					8:40	7:10	3:56	12:29	5:43	4:23	4:13	يوليو July	23	الأربعاء Wed	25
					8:39	7:09	3:56	12:29	5:43	4:23	4:13	يوليو July	24	الخميس Thu	26
					8:39	7:09	3:56	12:30	5:43	4:23	4:13	يوليو July	25	الجمعة Fri	27
					8:39	7:09	3:56	12:30	5:44	4:24	4:14	يوليو July	26	السبت Sat	28
					8:39	7:09	3:56	12:30	5:44	4:24	4:14	يوليو July	27	الأحد Sun	29

Dubai timing

Time Difference (minutes): Abu Dhabi +4, Ras Al Khaimah -4, Al Fujairah -4, Hatta -3

فروق التوقيت (دقائق): أبوظبي+٤، رأس الخيمة-٤، الفجيرة-٣، حتا-٣

توقيت دبي

Imsaakeya - Ramadan 1435 H.

امساكية رمضان ١٤٣٥ هـ

مستوى السكر في الدم

Before Suhur قبل السحور	After 1-2 hrs بعد السحور ١-٢ ساعة	Before Iftar قبل الإفطار	Mid-day ظهرا	Morning صباحا	Isha العشاء	Maghrib المغرب	Asr العصر	Dhuhr الظهر	Sunrise الشفقة	Fajr الفجر	Imsak الإمساك	Month الشهر	Gregorian الغريغوري	Day اليوم	Hijri الحيجري
					8:44	7:14	3:55	12:28	5:37	4:17	4:07	يوليو July	13	الأحد Sun	15
					8:44	7:14	3:55	12:29	5:38	4:18	4:08	يوليو July	14	الاثنين Mon	16
					8:44	7:14	3:56	12:29	5:38	4:18	4:08	يوليو July	15	الثلاثاء Tue	17
					8:43	7:13	3:56	12:29	5:39	4:19	4:09	يوليو July	16	الأربعاء Wed	18
					8:43	7:13	3:56	12:29	5:39	4:19	4:09	يوليو July	17	الخميس Thu	19
					8:43	7:13	3:56	12:29	5:40	4:20	4:10	يوليو July	18	الجمعة Fri	20
					8:42	7:12	3:56	12:29	5:40	4:20	4:10	يوليو July	19	السبت Sat	21

Dubai timing

Time Difference (minutes): Abu Dhabi +4, Ras Al Khaimah -4, Al Fujairah -4, Hatta -3

توقيت دبي

فروق التوقيت (دقائق): أبوظبي +٤، رأس الخيمة -٤، الفجيرة -٤، حتا -٣

Imsakeya - Ramadan 1435 H.

امساكية رمضان ١٤٣٥هـ.

Blood glucose level		مستوى السكر في الدم		
Before Suhur قبل السحور	After 1-2 hrs بعد السحور 1-2 ساعة	Before Iftar قبل الإفطار	Mid-day ظها	Morning صباح

Imsaak الإمساك	Month الشهر	Gregorian الغريغور	Day اليوم	Hijri ال Hijri
4:04	يوليو July	6	الأحد Sun	8
4:04	يوليو July	7	الاثنين Mon	9
4:05	يوليو July	8	الثلاثاء Tue	10
4:05	يوليو July	9	الأربعاء Wed	11
4:06	يوليو July	10	الخميس Thu	12
4:06	يوليو July	11	الجمعة Fri	13
4:07	يوليو July	12	السبت Sat	14

Dubai timing

توقيت دبي

Time Difference (minutes): Abu Dhabi +4, Ras Al Khaimah -4, Al Fujairah -4, Hatta -3

فروق التوقيت (دقائق): أبوظبي +٤، رأس الخيمة -٤، الفجيرة -٤، حتا -٣

Blood glucose level مستوى السكر في الدم Imsakeya - Ramadan 1435 H.

امساكية رمضان ١٤٣٥ هـ

Before Sunrise قبل السحور	After 1-2 hrs بعد السحور	Before Iftar قبل الإفطار	Mid-day ظها	Morning صباحا	Isha العشاء	Maghrib المغرب	Asr العصر	Dhuhr الظهر	Sunrise الشروق	Fajr الفجر	Imsak الإمساك	Month الشهر	Gregorian الميلادي	Day اليوم	Hijri الهجري
					8:46	7:16	3:52	12:26	5:32	4:12	4:02	يونيو June	29	الأحد Sun	1
					8:46	7:16	3:52	12:26	5:32	4:12	4:02	يونيو June	30	الاثنين Mon	2
					8:46	7:16	3:52	12:26	5:32	4:12	4:02	يوليو July	1	الثلاثاء Tue	3
					8:46	7:16	3:52	12:26	5:33	4:13	4:03	يوليو July	2	الأربعاء Wed	4
					8:46	7:16	3:53	12:26	5:33	4:13	4:03	يوليو July	3	الخميس Thu	5
					8:45	7:15	3:53	12:26	5:33	4:13	4:03	يوليو July	4	الجمعة Fri	6
					8:45	7:15	3:53	12:27	5:34	4:14	4:04	يوليو July	5	السبت Sat	7

Dubai timing

Time Difference (minutes): Abu Dhabi +4, Ras Al Khaimah -4, Al Fujairah -4, Hatta -3

توقيت دبي
فروق التوقيت (دقائق): أبوظبي +٤، رأس الخيمة -٤، الفجيرة -٣، حتا -٣