



## *The Medical* **Bulletin**

# In Endocrinology

### Fasting in Ramadan for People with Diabetes

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### **In Endocrinology**

Fasting in Ramadan for People with Diabetes A huge number of our patients choose to fast during Ramadan which is one of the pillars of Islam beginning from 3rd April 2022. It is imperative that they undergo a pre Ramadan evaluation and risk stratification to assess their risk for fasting. Risk stratification is based on age, type and duration of diabetes, diabetes control, previous hypoglycemia, the presence of micro and macrovascular complications, type of treatment, glucose monitoring, acute diabetes complications, patient physical and cognitive functions, type of work, duration of fasting and past Ramadan experience. Risk factors are graded as not likely to cause any harm with a score of zero to potentially harmful depending on their clinical significance.

Pre Ramadan education involves

1. Dietary and activity advice,
2. Blood sugar monitoring and advice regarding hypoglycaemia and hyperglycemia
3. Medication and insulin adjustment
4. When to break the fast Close monitoring and vigilance help make the Ramadan experience safe for your Diabetic patients.

***Dr. Shehla Sheik***  
***Consultant Endocrinologist, Saifee Hospital, Mumbai***



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