

managing diabetes during Ramadan



Muslims worldwide with diabetes who may choose to fast during Ramadan¹



of Muslims with type 2 diabetes choose to fast during Ramadan¹

Prolonged fasting is a challenge in treatment of patients with diabetes



7.5x Severe hypoglycaemia (type 2 diabetes)²



Dehydration³



3x Severe hyperglycaemia/ketoacidosis²



Thrombosis³

What are the health risks?

Muslims with type 2 diabetes who celebrate Ramadan and choose to fast have an estimated²

...due to:



7.5x higher risk of severe hypoglycaemia (low blood sugar) during Ramadan²



Prolonged fasting



Large night-time meals



Reduced physical activity

Symptoms of low blood sugar to be aware of^{4,5}



- Trembling
- Confusion
- Seizure/coma (in severe cases)



- Pounding heart



- Sweating

An approach to the management of type 2 diabetes during fasting



Pre-Ramadan assessment -

To evaluate the risks, educate the patient and individualize treatment¹



Pre-Ramadan education^{6,7,8}



Blood glucose monitoring (BGM)¹



Fluids and dietary advice¹



Exercise advice¹



Medication adjustments due to changes in dietary habits during Ramadan¹

Patients should be made aware that they may need to break their fast



If their blood glucose is **<70 mg/dL** (3.9 mmol/L) or **>300 mg/dL** (16.6 mmol/L)¹



If symptoms of hypoglycaemia, hyperglycaemia, dehydration or acute illness occur¹

* Suhoor: meal before sunrise; Iftar: meal after sunset

References

1. International Diabetes Federation and DAR International Alliance. Diabetes and Ramadan: Practical Guidelines, Brussels, Belgium: International Diabetes Federation, 2021. www.idf.org/guidelines/diabetes-in-ramadan and www.daralliance.org Diabetes Research and Clinical Practice 185 (2022) 109185 2. Salti I, et al. Diabetes Care. 2004; 27:2306-2311. 3. Al-Arouj et al. Diabetes Care 2010;33:1895-902 4. Seaquist ER, et al. Diabetes Care. 2013; 36(5):1384-1395. 5. IHSG. Diagnosis. Available at: <http://ihsonline.com/understanding-hypoglycaemia/diagnosis>. Last accessed: November 2017. 6. Al-Arouj et al. Diabetes Care 2005;28:2305-11; 7. Hassan A, et al. Eur Rev Med Pharmacol Sci 2014;18:1798-805; 8. Bravis V, S, et al. Diabet Med 2010;27:327-31

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