

# DIABETES & RAMADAN



USF  
da Baixa



## how to do it safely

IF YOU HAVE DIABETES, YOU NEED TO BE READY FOR RAMADAN. FASTING IS ONE OF THE FIVE PILLARS OF ISLAM, BUT FOR SOME PEOPLE WITH DIABETES, FASTING CAN BE **DANGEROUS** OR CAUSE **HEALTH PROBLEMS**.



IF YOU WANT TO FAST SEFELY, PLEASE MAKE SURE YOU **SPEAK TO YOUR DOCTOR OR NURSE** BEFORE RAMADAN STARTS. THEY WILL BE ABLE TO HELP YOU MANAGE YOUR DIABETES THROUGH RAMADAN.

ACCORDING TO THE QURAN, SOME PEOPLE ARE **EXEMPT FROM FASTING**, LIKE CHILDREN, ELDERLY, PEOPLE WITH CERTAIN HEALTH CONDITIONS (INCLUDING DIABETES), PEOPLE WITH LEARNING DIFFICULTIES, PREGNANT WOMEN AND WOMEN WHO ARE BREASTFEEDING OR MENSTRUATING.

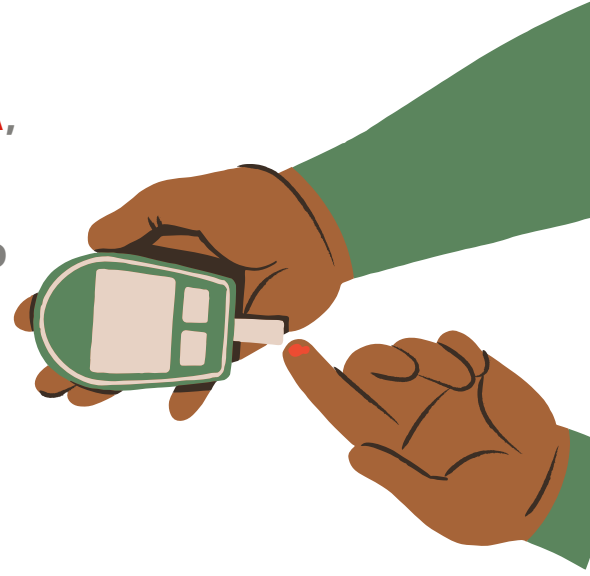


# UNDERSTANDING DIABETES

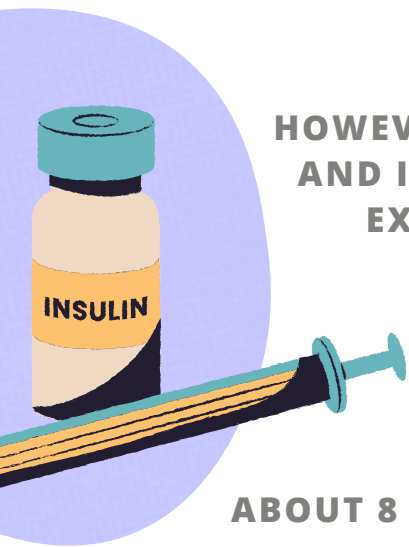


IF YOU HAVE DIABETES, THE HORMONE THAT CONTROLS SUGAR LEVELS IN YOUR BLOOD (NAMED **INSULIN**) DOESN'T WORK PROPERLY OR IS NOT PRODUCED. THEREFORE, YOUR BODY CANNOT MAKE USE OF THE SUGAR THAT COMES FROM DIGESTING FOOD (RICE, BREAD, PASTA AND POTATOES) AND SO THE UNDIGESTED SUGAR WILL BUILD UP.

THIS CAUSES WHAT WE CALL **HYPERGLYCAEMIA**, WHICH MEANS HIGH BLOOD SUGAR. HYPERGLYCEMIA CAN BE DANGEROUS, AND SO TO TREAT DIABETES WE NEED TO LOWER BLOOD SUGAR LEVELS. TO DO THIS, YOUR DOCTOR WILL PRESCRIBE CERTAIN **TABLETS, OR INSULIN**, WHICH HELP YOUR BODY DIGEST THE SUGAR YOU EAT.



HOWEVER, THESE PILLS NEED TO BE TAKEN AT THE RIGHT TIME AND IN THE RIGHT DOSAGE, OTHERWISE THEY MAY LEAD TO EXCESSIVELY LOW BLOOD SUGAR - **HYPOGLYCAEMIA**.



## WHAT HAPPENS WHEN I FAST?

ABOUT 8 HOURS AFTER OUR LAST MEAL, OUR BODIES START TO USE ENERGY STORES TO KEEP BLOOD SUGAR LEVELS NORMAL.

TO MOST PEOPLE, THIS IS **NOT HARMFUL**.

BUT BECAUSE IT IS HARDER FOR PEOPLE WITH DIABETES TO CONTROL THEIR BLOOD SUGAR, CHANGING MEAL TIMES CAN INCREASE THEIR RISK OF DEVELOPING:

- **HYPERGLYCEMIA** (DURING IFTAR AND SEHRI)
- **HYPOGLYCEMIA AND DEHYDRATION** (DURING THE FASTING PERIOD)

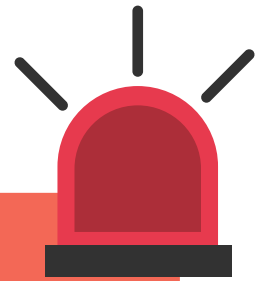
IN **2023**, THE FASTING WILL LAST ABOUT **12-14 HOURS**, WHICH IS A VERY LONG PERIOD WITHOUT EATING AND DRINKING FOR PEOPLE WITH DIABETES.



# KNOW YOUR RISK

## WHO IS AT HIGH RISK? SHOULD NOT FAST

- TYPE 1 DIABETES
- IF YOU USE INSULIN MORE THAN TWO TIMES A DAY
- IF YOU HAVE POOR CONTROL OF YOUR DIABETES (HBA1C >9%)
- IF YOU HAVE FREQUENT HYPOGLYCAEMIA (< 70 MG/DL)
- IF YOU HAVE HYPOGLYCAEMIA WITH NO SYMPTOMS
- IF YOU HAVE HAD A HOSPITAL ADMISSION WITHIN THE LAST 3 MONTHS FOR HYPO OR HYPERGLYCAEMIA
- IF YOU HAVE PROBLEMS WITH YOUR KIDNEYS, LIVER, HEART OR POOR VISION
- IF YOU ARE > 70 YEARS OLD AND LIVE ALONE
- IF YOU HAVE A VERY INTENSE PHYSICAL JOB (EG CONSTRUCTION, DELIVERY ON A BIKE)
- IF YOU HAVE AN ACUTE ILLNESS (EG. THE FLU)
- IF YOU ARE PREGNANT WITH DIABETES



## WHO IS AT INTERMEDIATE RISK? SHOULD NOT FAST UNLESS AGREED BY DOCTOR

- IF YOU HAVE MODERATE CONTROL OF YOUR DIABETES (HBA1C 7.5-9%) AND NO MAJOR COMPLICATIONS OF DIABETES
- WELL-CONTROLLED DIABETES ON CERTAIN TABLETS, LIKE GLICLAZIDA AND GLIMEPIRIDA, OR TAKING INSULIN ONCE A DAY



## WHO IS AT LOW RISK? SHOULD BE ABLE TO FAST WITH ADVICE

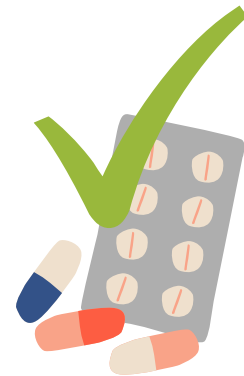
- DIABETES CONTROLLED WITH DIET (HBA1C < 7.5%)
- DIABETES WELL CONTROLLED WITH CERTAIN TABLETS, LIKE METFORMINA, SITAGLIPINA, VILDAGLIPTINA, ACARBOSE, PIOGLITAZONA, DAPAGLIFLOZINA, AS WELL AS INJECTIONS LIKE LIRAGLUTIDA



# FASTING SAFELY

## TREATMENT PLAN:

- CHECK IF YOU NEED TO **ADJUST** THE TIMING, DOSE OR TYPE OF YOUR MEDICATION. **TALK TO YOUR DOCTOR.**
- CHECK YOUR BLOOD GLUCOSE REGULARLY. MAKE SURE YOU HAVE ENOUGH GLUCOSE TEST STRIPS.
- DRINK PLENTY OF **WATER** BETWEEN IFTAR AND SEHRI
- BE PREPARED TO STOP FASTING IF YOU HAVE **HYPOGLYCAEMIA, HYPERGLICAEMIA** OR **DEHYDRATION**
- IN ORDER TO CONTROL THE GLUCOSE LEVELS, IT IS NECESSARY TO CARRY OUT 2 OR 3 MEALS ACCORDING TO THE FOLLOWING ADVICE:



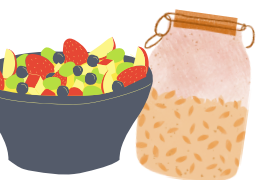
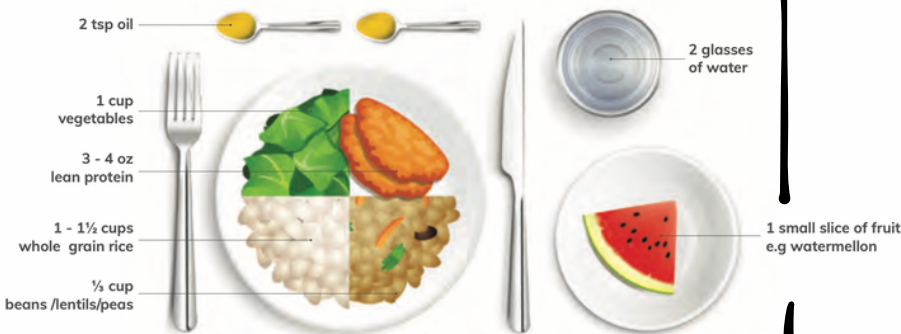
### PREFER

### DIET MODIFICATION

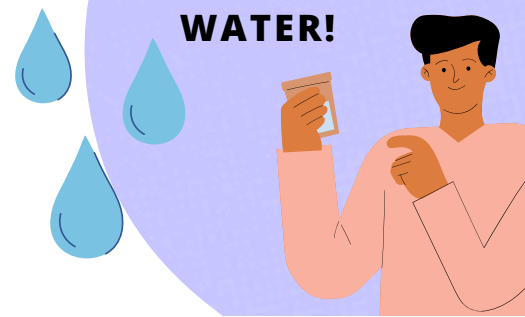
### AVOID

- FRUITS AND VEGETABLES
- SLOW RELEASE CARBOHYDRATES (BASMATI RICE, OATS, QUINOA, SEMOLINA, SWEET POTATO AND WHOLE GRAIN CEREAL BREAD)
- FIBER RICH FOODS (WHOLE GRAIN BREAD, BROWN RICE, BEANS, LENTILS, SALADS)
- MONOUNSATURATED VEGETABLE FATS (OLIVE OIL)

- CAFFEINATED DRINKS
- SWEETENED DRINKS (JUICES)
- SUGARY DESSERTS (JILAPI, BAKLAVA)
- FRIED FOOD AND SATURATED FATS (GHEE, SAMOSAS AND PAKORAS)
- FAST RELEASE CARBOHYDRATES (WHITE RICE, PASTA, POTATOES, BREAD)



**DON'T FORGET TO DRINK PLENTY OF WATER!**



# STOP FASTING IF

**IF YOU GET ANY OF THESE BLOOD SUGAR VALUES OR SYMPTOMS, YOU MUST BREAK THE FAST AND DRINK OR EAT FOR YOUR OWN SAFETY!**

## HYPOGLYCEMIA

**BLOOD SUGAR < 70MG/DL**

**SYMPTOMS: FEELING SWEATY, DIZZY, ANXIOUS, HUNGRY, UNWELL, GOING PALE, HEART PALPITATIONS, TINGLING OF THE LIPS, TREMBLING AND SHAKING.**



## HYPERGLYCEMIA

**BLOOD SUGAR > 300MG/DL**

**SYMPTOMS: FEELING VERY THIRSTY, PASSING A LOT OF URINE, EXTREME TIREDNESS**



## DEHYDRATION

**SYMPTOMS: DIZZINESS, BECOMING DISORIENTED OR CONFUSED, LOSS OF CONSCIOUSNESS AND VERY LITTLE URINE OUTPUT**



**IT IS IMPORTANT TO MEASURE BLOOD GLUCOSE AGAIN AFTER 1-2 HOURS!**

## IF YOU CANNOT FAST, REMEMBER:

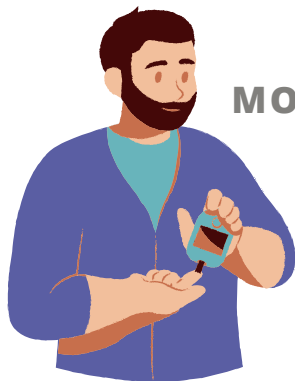
**YOU CAN COMPLETE YOUR DUTIES BY OFFERING CHARITY OR PROVIDING FOOD TO THE POOR YOU MAY BE ABLE TO MAKE UP THE FAST AT A LATER DATE, PERHAPS DURING THE WINTER MONTHS, WHEN YOU HAVE YOUR DIABETES BETTER CONTROLLED.**



# QUICK TIPS

PERFORMING LIGHT OR MODERATE PHYSICAL EXERCISE AFTER IFTAR, LIKE TARAWEEH CAN BE BENEFICIAL

## WHAT DOES NOT BREAK YOUR FAST?



MONITORING  
GLUCOSE  
LEVELS



INJECTING  
INSULIN



## WHEN TO MEASURE GLUCOSE LEVELS?



BEFOR SEHRI)



MORNING



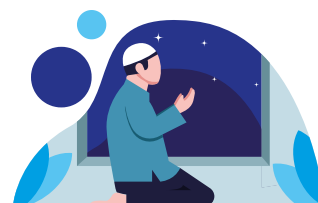
MIDDAY



MID-AFTERNOON



BEFORE IFTAR



2 HOURS AFTER IFTAR

WHENEVER YOU  
HAVE SYMPTOMS OF LOW OR HIGH BLOOD  
GLUCOSE OR ARE FEELING UNWELL. MAKE  
SURE YOU HAVE ENOUGH TEST STRIPS.



## ABOUT THIS LEAFLET

WRITTEN BY DR CRISTIANO FIGUEIREDO,  
DR JOSÉ LIMA, DR WILSON LIU AND DR SHABNAM  
KABERI IN 2018. REVISED AND ADAPTED BY  
DR RITA ABECASIS, DR MAFALDA PORTUGAL  
AND DR CRISTIANO FIGUEIREDO IN 2023.

