



TIPS FOR DIABETICS DURING RAMADAN

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Overview of Diabetes

Diabetes is a medical condition characterized by elevated blood sugar levels, reduced tissue sensitivity to insulin produced by the pancreas, or both.

Symptoms of Diabetes

1. Increased urination
2. Severe thirst
3. Persistent fatigue and weakness
4. Weight loss

Tips for Diabetics During Ramadan

During Ramadan, fasting from food and drink can be challenging for people with diabetes due to their need for water and nutrition. Here are some tips for diabetics during Ramadan:

1. A person with diabetes should consult their doctor before Ramadan to determine if fasting is appropriate for them, as well as to set the timing for insulin doses or injections to align with Iftar and Suhoor. Adjust the medication doses as needed.
2. Do not rely on your previous treatment or diet plan; let your doctor decide on the appropriate dietary or treatment adjustments to suit the specific nature of Ramadan.
3. Monitor blood sugar levels before and two hours after Iftar, before Suhoor, and mid-day during fasting hours. Also, monitor your levels if you experience any sudden symptoms during fasting, such as dizziness, sweating, shakiness, or difficulty concentrating.
4. You should end your fast immediately if you experience symptoms of low blood sugar or if your blood sugar drops below 100 mg/dL during the early hours of the day.
5. Engage in moderate physical activity, such as walking, especially in the evening or three hours after Iftar. Avoid strenuous activities during fasting hours to prevent drops in blood sugar.
6. Avoid excessive consumption of sugary foods or meals high in fats during Iftar. You can start your Iftar with a moderate amount of quick sugars (such as fruits) to address low blood sugar levels.
7. Delay Suhoor to just before dawn.
8. Ensure to drink plenty of sugar-free fluids throughout the night to prevent dehydration the following day during fasting hours.
9. Do not give in to the temptations of the diverse dishes and sweets of Ramadan. Stick to the dietary plan exactly as prescribed by your doctor.
10. You should end your fast immediately if your blood sugar more than 300 mg/dL.

Fasting should be avoided in the following cases:

1. Fasting should be avoided if blood sugar levels are significantly and frequently elevated.
2. Fasting should be avoided if you are undergoing dialysis or have other chronic health conditions.
3. Fasting should be avoided if pregnant women have diabetes.
4. Fasting should be avoided if a pregnant woman develops gestational diabetes.
5. Fasting should be avoided if you experience frequent drops in blood sugar levels.
6. Fasting should be avoided if you experience dizziness, fatigue, and difficulty concentrating while fasting.
7. Fasting should be avoided if you experience severe hypoglycemic episodes or fainting before Ramadan.
8. Fasting should be avoided for children with diabetes or adults with type diabetes.

