

RAMADAN AND DIABETES

All people with diabetes should visit their doctor 6–8 weeks before the start of Ramadan to discuss all possible changes in diet or medication regimen (e.g. timing, dose or type) to maintain safety during fasting. You may be advised not to fast if it is not safe for you.



RISKS ASSOCIATED WITH FASTING IN PEOPLE WITH DIABETES

It is very important to protect yourself from the below risks during fasting:

- Low blood sugar, especially during the late period of fasting before iftar
- Severe high blood sugar after each of the main meals
- Dehydration, especially with prolonged fasting hours and hot climates
- Significant weight gain due to increased caloric intake and reduced physical activity

WHEN IS IT ADVISABLE TO BREAK FASTING DURING RAMADAN

All patients should break their fast if:

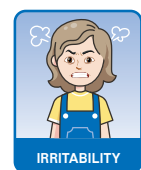
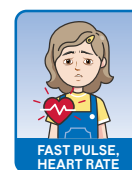


Blood sugar < 3.9 mmol/L



Blood sugar > 16.6 mmol/L

• Signs of low blood sugar and severe dehydration:



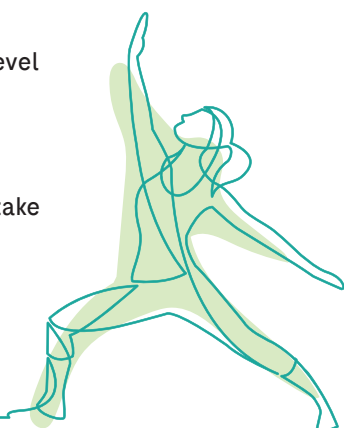
DIETARY ADVICE FOR PATIENTS WITH DIABETES DURING RAMADAN

-  Divide daily calories between suhoor and iftar, plus 1–2 snacks if necessary
-  Ensure meals are well balanced
-  Include low glycaemic index, high fiber foods that release energy slowly before and after fasting (e.g. wholegrain bread, beans, rice)
-  Include plenty of fruit, vegetables and salads
-  Minimize foods that are high in saturated fats
-  Avoid sugary desserts
-  Use small amounts of oil when cooking
-  Keep hydrated between sunset and sunrise by drinking water or other non-sweetened beverages
-  Avoid caffeinated and sweetened drinks

Consult your healthcare professional to discuss all possible changes in diet regimen to maintain safety during fasting.

EXERCISE

-  Regular light-to-moderate exercise is encouraged
-  Avoid heavy exercise during fasting hours
-  Taraweeh prayers could be considered part of daily exercise
-  Check blood sugar level before exercise
-  Ensure good fluid intake

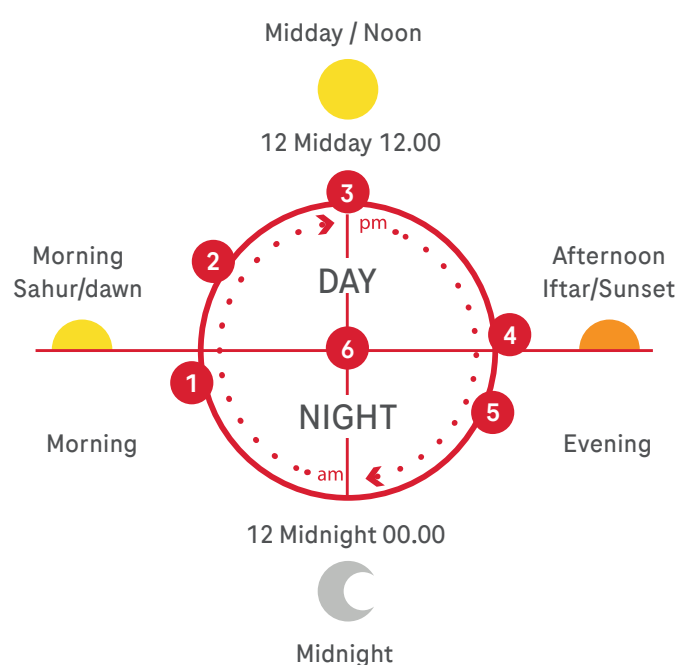


RECOMMENDED TIMINGS TO CHECK BLOOD SUGAR LEVELS DURING RAMADAN FASTING

Patients are advised to monitor their blood sugar levels during the following times during the day, especially those who require insulin and sulphonylureas.

- 1 Pre-dawn meal (sahur)
- 2 2-hours after sahur
- 3 Midday
- 4 Pre-sunset meal (iftar)
- 5 2-hours after iftar
- 6 Anytime when the patient feels unwell with symptoms of low blood sugar or high blood sugar

Checking blood sugar does not break your fast. Consult your healthcare professional for the ways to monitor your sugar levels to maintain safety during fasting.



POST RAMADAN FOLLOW-UP

It is recommended to consult your healthcare professional after Ramadan to assess how you have coped with the fasting and the need to readjust your medication and regimen.

International Diabetes Federation and DAR International Alliance Diabetes and Ramadan Practical Guidelines 2021. Available from <https://www.daralliance.org/daralliance/idf-dar-practical-guidelines-2021/>

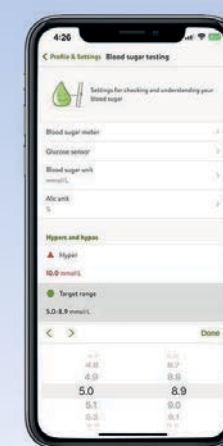
Practical Guide To Diabetes Management in Ramadan 2015. Available from <https://mems.my/wp-content/uploads/2019/07/Practical-Guide-to-Diabetes-Management-in-Ramadan.pdf>.



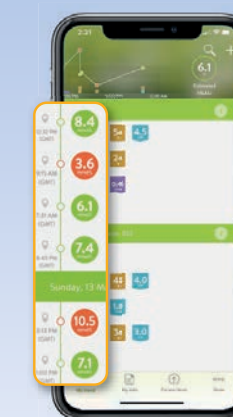
Download mySugr App to ease your Ramadan fasting journey

mySugr is made by people with diabetes, for people with diabetes. Connecting your blood sugar meter with the mySugr app makes diabetes management easier! With mySugr, your connected meter automatically logs your blood sugar readings and makes it convenient throughout your Ramadan fasting journey.

Useful features in mySugr



You can **set your blood sugar target range** that has been suggested by your doctor in mySugr app. You may have an ideal target range and a maximum target range. This will allow the app to flag numbers that are between the ideal values and maximum values as being orange (not great but ok).



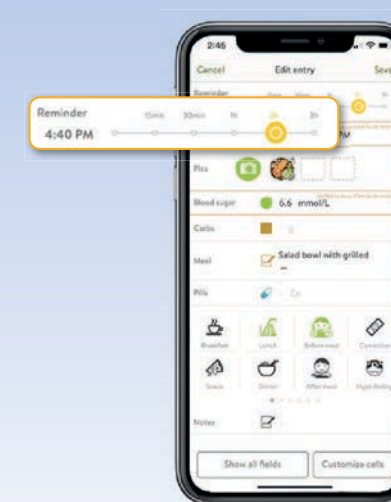
Let the **individual reading color code** in mySugr app tells you if your blood sugar readings are:

- In target range (green)
- Not great but ok (orange)
- Not in target range (red)

It helps you to recognize the need to seek medical advice or when to break the fast to avoid harm.



Track the number of **high blood sugar readings (Hypers)** and **low blood sugar readings (Hypos)**. Increasing self-monitoring of blood sugar helps reduce the risk of low blood sugar and/or high blood sugar during Ramadan.



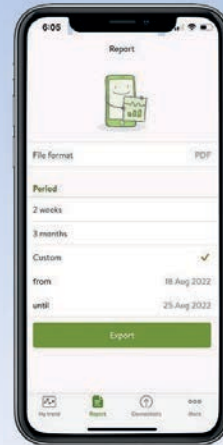
Set reminder to auto remind you to test your blood sugar so that you can concentrate on your daily Ramadan rituals.



Useful features in mySugr



Add meaningful information - Meal Photo feature, activity logs and insulin dose (if applicable) tell the story behind your data. Icon tags help you to look back and learn how the changes in the types of food consumed, insulin dose and activities during Ramadan impact your daily care.



Create PDF, Excel or CSV reports directly in the app[#]. The **mySugr Report** compiles your data for easy printing or digital sharing with your healthcare team. You can share an overview of your data readily during your post-Ramadan follow up with your healthcare professional.

THE MYSUGR APP

