

# Diabetes and Ramadan

Roche

The Roche Diabetes team wants to support you in leading a healthy life during the holy month of Ramadan.



Muslims with diabetes need to take special precautions during Ramadan to manage blood glucose levels and aim at avoiding hypoglycemia during the day and hyperglycemia at night. People with diabetes wishing to fast should first consult their doctor.



During fasting, the risk of blood glucose falling below normal is higher than usual. If symptoms of hypoglycaemia occur, consider discontinuing fasting, take a drink of juice or a tablespoon of sugar. Check your blood sugar if fast has been interrupted. Report any feelings of sickness or tiredness to your doctor.



You may reduce the risk of developing day-time hypoglycemia by:

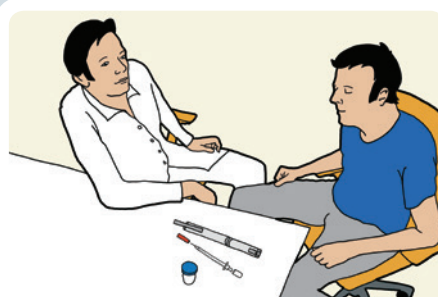
- Not missing meals
- Taking Sahur before dawn
- Eating balanced meals
- Drinking lots of water
- Consult doctor on suitable medication
- Adjust your diet plan with your doctor or dietician.



After Iftar, the risk of blood glucose rising above normal is increased. To reduce the risk of developing hyperglycemic episodes, eat healthy meals well balanced in fat and carbohydrate content. Start Iftar with a dietician-planned meal and take medication as recommended by your doctor.



Regular blood glucose monitoring is mandatory during Ramadan. Adviseably measure in the early morning before fasting, and after Iftar and Sahur. Strongly consider discontinuing fasting if morning and midday blood glucose are below the targeted level.



Muslims with type 2 diabetes not requiring insulin can usually fast during Ramadan without any problems and those needing just one insulin shot, may fast without major problems. It is advisable to consult with your doctor on the correct type of insulin to be used.



During fasting, it is important to recognize symptoms of hypo- and hyperglycemia, know how to deal with them, undertake specified blood glucose measurement, drink lots of water and have a moderate intake of balanced food. It is important to know the symptoms of keto-acidosis, a life-threatening form of starvation due to insufficient insulin.



Certain groups of diabetics are strongly advised to consider refraining from fasting:

- People with type 2 diabetes who need more than one shot of insulin.
- People with type 1 diabetes
- Pregnant women with diabetes
- People who are sick, hospitalised or on cardiac medication



Remember: The Holy Koran offers exceptions which you may want to consider together with your Imam.