

## Clinical Top Tips: managing diabetes during Ramadan

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### Introduction

Ramadan is the ninth month in the Islamic lunar calendar where daily fasting (not eating or drinking from dawn until dusk) is compulsory for all healthy Muslims every year. Most people take two meals in the day. Suhoor (meal before dawn) and Iftar (meal after sunset).

### I have diabetes, can I fast?

Approximately 70-80% of our diabetic patients are low/moderate risk and should be able to fast.

#### Low/moderate risk

Diabetes well controlled with diet, tablets (monotherapy), GLP-1RA or basal insulin. No complications.

#### High risk (SHOULD NOT FAST)

Poorly controlled T2DM, Well-controlled T1DM, Well-controlled T2DM on MDI or mixed insulin, Pregnant T2DM or GDM (diet/metformin), CKD stage 3 and those with stable macrovascular complications.

#### Very high risk (MUST NOT FAST)

Poorly controlled T1DM, chronic dialysis or CKD stage 4/5, severe hypoglycaemia / DKA or hyperosmolar hyperglycaemic coma within last three months, recurrent hypoglycaemia, hypoglycaemia unawareness, acute illness, pregnancy in pre-existing diabetes or GDM treated with insulin or SUs, advanced macrovascular complications, old age and frailty.

### Key question

*Is it ok to test my blood glucose (BG) levels during Ramadan while I am fasting?*

Yes, testing BG levels regularly is important whilst fasting and does not break the fast.

### Pre-Ramadan education – does it work?

Yes absolutely! The Ramadan Education and Awareness in Diabetes (READ) study (UK) and The Ramadan Diabetes Prospective Study both demonstrated a clear benefit of Ramadan-focused education programmes in terms of glycaemic control, weight loss and a reduced risk of hypoglycaemic events.

The positive outcomes of these programmes may also extend beyond the month of fasting. It's definitely worth doing so please plan ahead (at least 2-3 months before Ramadan begins).

### What problems do we encounter in Ramadan with managing diabetes

- 1) Hypoglycaemia: In the EPIDIAR study, higher rates of severe hypoglycaemia were recorded in people with T1DM (4.7-fold increase) or T2DM (7.5-fold increase) during Ramadan compared with before Ramadan. Be vigilant – educate and reinforce key messages to your patients around the signs, symptoms and treatments of 'hypo's'.

#### CCGs working together

Airedale, Wharfedale and Craven CCG  
Bradford City CCG  
Bradford Districts CCG

- 2) Hyperglycaemia: Among patients with T2DM in the EPIDIAR study, rates increased 5.0-fold for hyperglycaemia. The meals eaten during Ramadan are often large and contain fried and sugary food which can have an impact on blood glucose control.
- 3) Dehydration and thrombosis: The long hours of fasting puts your patient at risk of dehydration. Advise patients to drink plenty of fluids (sugar-free), particularly water at Suhoor and after Iftar.

## **Nutritional advice – what do I do?**

### **Suhoor (meal before dawn)**

The typical foods eaten are paratha (fried flatbread), fried eggs, white bread, cereals, yoghurt, left over curry and tea.

Recommended suggestions:

- plain chapatti with curry
- high fibre cereal with low fat milk (bran flakes, oat-based porridge, 'no added sugar' muesli, Weetabix, Shredded Wheat, Special K etc.)
- Granary/wholemeal/wholegrain/rye/seeded varieties bread or chapatti
- Drink plenty of water

### **Iftar (meal after sunset)**

The typical snacks/foods eaten are dates, lassi (yoghurt-based drink), fried pakora/bhajji, fried samosa, channa chat (chickpea salad), fried potatoes/chips, fried chicken and curries.

Recommended suggestions:

- 1-3 dates
- glass of semi-skimmed/skimmed milk
- small bowl of mix fruit
- channa chat
- chicken tikka/roast
- oven baked chips and to drink plenty of fluids

Healthy meal ideas after Iftar:

- chapatti with chicken/mutton/lentils
- fish/chicken baked with roasted vegetables, or fish curry with rice
- pitta bread with chicken, salad and hummus
- meals should include mixed salad

## **Did you know...**

Dates are digested very easily and therefore give quick energy.

They are high in fibre, calcium, iron and many more vitamins and minerals.

More information on managing your diabetes during Ramadan is available on the CCGs' websites or by visiting [www.diabetes.org.uk/ramadan](http://www.diabetes.org.uk/ramadan).

There is also a video of GP and clinical lead for diabetes, Dr Junaid Azam, sharing his tips for diabetics during Ramadan available here:

<https://www.youtube.com/watch?v=6JwMbhCg7e8&feature=youtu.be>

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