

Fasting, diabetes and its complications





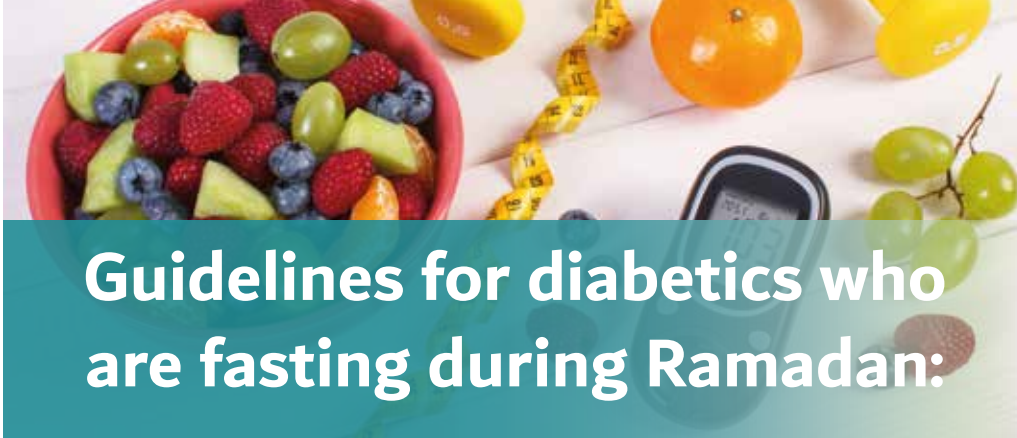
Health benefits of fasting

Fasting is beneficial in the treatment and mitigation of obesity and its accompanying secondary diseases such as blood disorders such as cholesterol, triglycerides, and high blood and other chronic diseases such as diabetes (Type 2) and some heart and gout diseases.

Still, there are general rules to follow when who have chronic diseases fast.

The guidelines include:

- The patient should visit his doctor before Ramadan to assess his condition and to ensure it is safe to fast.
- The doctor will discuss the necessary adjustments in the medical doses and the schedule of medications as well as provide all the needed advice and instructions
- Comply with your doctor's instructions if the doctor recommends that you should not fast due to your health condition
- Follow dietary guidelines based on your health conditions after consulting a dietitian.



Guidelines for diabetics who are fasting during Ramadan:

If you control your average blood sugar levels exclusively through proper nutrition and physical activity, fasting is not dangerous for you. There are some guidelines that you should follow to ensure you take care of your health and wellbeing during the fast:

- Delay Suhoor to the fullest extent possible.
- Keep your daily food intake (calories) according to your daily need.
- Divide the amount of food into four portions, Iftar, Suhoor, and two snacks between them.
- Continue your daily work but do take a break in the afternoon.
- Get enough fluids and avoid sweetened fluids.
- Rely on foods which are hydrating and have a high-water content. Consume a healthy diet that includes: milk, fresh vegetables, fresh fruits, meat and healthy fats.
- Avoid sugar, salt, and salty food.
- Eat foods that contain enough dietary fiber such as vegetables and fresh fruits.
- Reduce Ramadan sweets as much as possible.
- Maintaining a healthy weight.



What are the most critical risks that you may be exposed to during the fasting period?



Low blood sugar level (hypoglycemia):

in which case the blood sugar level is less than 70 mg / dL.

The reasons behind the decline are:

- Too little food consumption
- Increase in the medication dosage
- Increased intensity of physical activity



Symptoms associated with low blood sugar:

- Excessive sweating
- Heart palpitations
- Headache
- Dizziness
- Fatigue
- Nervousness and tension
- Feeling hungry



What are the most critical risks that you may be exposed to during the fasting period?



High blood sugar level:

When the blood sugar level is higher than:

- Fasting 130 mg / dL
- After eating 180 mg / dL

It is usually due to the amount of food, low dose of medication or insulin, lack of physical activities, psychological stress or disease.



Symptoms associated with high blood sugar are:

- Feeling very thirsty
- Dry throat and mouth
- Frequent urination
- Extreme hunger
- Blurred vision
- Lethargy
- Delayed wound healing

Dehydration in diabetics should be avoided because it leads to a disturbance of minerals in the blood and affects the functioning of the organs such as the brain and kidneys. Therefore, you should drink at least 8 cups of water per day and the amount can be increased in the case of exercise or heavy sweating due to hot weather.



To be able to fast safely and without complications, we recommend that you follow the following guidelines:



Medical evaluation before Ramadan: Visit a doctor

- To get a comprehensive assessment of your blood sugar level, blood pressure, lipid profile, etc.
- To make sure that fasting is possible in your case (as the possibility of fasting varies according to the situation of each patient).
- To discuss all possible changes in diet or treatment to keep you safe while fasting.



Continuous measurement of blood sugar level:

It helps you avoid low or high-sugar blood.

If you feel symptoms of low or high blood glucose, consult your physician to see if your medications may need an adjustment in terms of doses, timing, or types.



Exercises:

- Avoid strenuous exercise during fasting hours.
- It is recommended to exercise two or three hours after Iftar.
- Tarawih prayers are part of the daily exercises.
- You should check your blood sugar level before and after exercise.
- Do not forget to have plenty of fluids, especially water.



To be able to fast safely and without complications, we recommend that you follow the following guidelines:



Here are some general guidelines to keep in mind:

- Do not skip the Suhoor & Iftar meal.
- Try to maintain your specified amount of carbohydrates and avoid overeating at mealtimes.
- Avoid eating foods that are processed, high in calories or salty.
- Reduce your intake of sweets as much as possible.
- Drink enough water and sugar-free drinks between Suhoor and Iftar meals (especially during your Suhoor meal) to avoid losing water in your body.
- Eat a variety of foods in moderate quantities.