



# Fast and Feast Safely during Ramadan....

## with **Julphar Diabetes** *Ramadan Kareem*



### Before the holy month of Ramadan

- People with Diabetes are advised to see their Health Care Provider and consider changes in their medications or even the timing of those medications during this month.
- Changing eating patterns during Ramadan increases the risk of hypoglycemia and hyperglycemia.
- The habit of ingesting large amounts of food rich in carbohydrates and fats, especially at the sunset meal (Iftar) should be avoided in order to avoid hyperglycemia.
- **Hyperglycemia** is defined as the increase in blood glucose levels over the recommended guidelines.



### Common symptoms of hyperglycemia can include:

- |                      |                           |
|----------------------|---------------------------|
| • Dry mouth          | • Increased appetite      |
| • Thirst             | • Fatigue or drowsiness   |
| • Frequent urination | • Weight loss             |
| • Blurry vision      | • Difficulty breathing    |
| • Dry, itchy skin    | • Dizziness upon standing |

**You can always ask your Health Care Provider how to manage this situation.**

- Fasting during Ramadan can cause hypoglycemia.
- **Hypoglycemia** is a condition characterized by an abnormal low blood glucose level.
- The main causes of hypoglycemia include improper dosage of medication, excessive exercise, and meal volume.



### Symptoms of hypoglycemia are:

- |                 |                              |
|-----------------|------------------------------|
| • Weakness      | • Feeling nervous or anxious |
| • Feeling tired | • Feeling cranky             |
| • Shaking       | • Trouble thinking clearly   |
| • Sweating      | • Double or blurry vision    |
| • Headache      | • Feeling uneasy             |
| • Hunger        | • Fast heart beat            |

**You can always ask your Health Care Provider how to manage this situation.**



## Regular blood glucose monitoring is an important part of Managing Diabetes during Ramadan:



- Ask your Health Care Provider how often you should check and what your optimum blood glucose level should be.
- Using a Glucometer is an appropriate way to check.
- Keep a log of your results and review them with your Health Care Provider to evaluate your level of control.
- If your blood sugar is below 70 mg/dL, treat yourself right away. Eat something that has about 15 grams of carbohydrates.

Examples are:

1/2 cup (4 ounces) fruit juice, non-diet soda, 5 or 6 candies, 1 tablespoon plain sugar or dissolved in water, 1 tablespoon honey, etc.




**You can always ask your Health Care Provider how to manage this situation.**



## Consider reasonable exercise during Ramadan:

- Exercise is important for all diabetic patients.
- You can exercise during the morning but DO NOT perform strenuous exercises especially before Iftar.
- You should also check your blood sugar if you feel unwell during or after exercise.
- Ramadan prayers should be considered as part of the daily activities as they involve standing, bowing, prostrating and sitting.

**Note that:**  1 teaspoon is equivalent to almost 4 g of sugar

3 Dates		=		3 teaspoons
1 Can of Cola contains caffeine (350mL)		=		8 teaspoons
1 Cup of pasta (spaghetti with sauce)		=		6.5 teaspoons
1 Cup basmati rice		=		1 teaspoon
1 Cup of plain yogurt		=		3 teaspoons
1 Energy drink (245mL)		=		8 teaspoons
1 Milk Chocolate bar with Almonds		=		4.5 teaspoons
1 Slice of bread (whole-wheat)		=		0.5 teaspoon

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