



Ramadan 2020:

April 23 to May 23




ARE YOUR PATIENTS WITH DIABETES PLANNING TO FAST DURING RAMADAN?

What you can do to help them during this time

During the month of Ramadan, Muslims worldwide observe a strict fast of all food, drink, and oral medications between sunrise and sunset. This can present a unique challenge for the estimated 95,000 Muslims living with diabetes in Canada, as the daylight hours can be quite long, depending on when Ramadan occurs.¹

Can patients with diabetes fast during Ramadan?

Diabetes may exempt some Muslims from fasting. Perform a risk pre-assessment 1 to 3 months prior to the start of Ramadan to evaluate if your patient is suitable to fast.^{1,2}

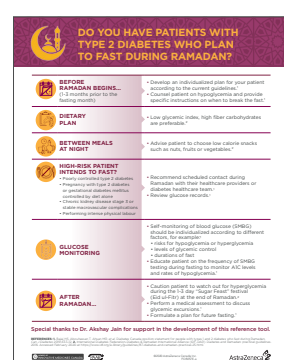
Patient Risk	Description	Counsel patient that they...
Very high	<ul style="list-style-type: none"> Recent history of hypo/hyperglycemic emergencies Ketoacidosis within 3 months Acute illness Advanced macrovascular complications, renal disease, cognitive dysfunction or uncontrolled epilepsy 	Must not fast 
High	<ul style="list-style-type: none"> Poorly controlled type 2 diabetes Pregnancy with type 2 diabetes or gestational diabetes mellitus controlled by diet alone Chronic kidney disease stage 3 or stable macrovascular complications Performing intense physical labour 	Should not fast 
Moderate/low risk	<ul style="list-style-type: none"> Well-controlled diabetes 	May fast with medical advice 

To fast or not to fast is ultimately the patient's decision. Respect the patient's wishes, while counselling them on safe practices.

Adapted from Bajaj, et al.¹

Be prepared to counsel your patients with diabetes who plan to fast

All healthcare professionals should have a working knowledge of Ramadan-specific counselling for patients with diabetes. Your Muslim patients with diabetes may ask you how to fast safely during Ramadan.¹ If they don't, be sure to ask them if they plan to fast.



If you have patients with type 2 diabetes who plan to fast during Ramadan, you can get additional information here:

**DOWNLOAD
MORE INFORMATION**

With proper medical guidance, it may be possible to achieve safe fasting practices for the appropriate patient during Ramadan.

Special thanks to Dr. Akshay Jain for support in the development of this reference tool.

REFERENCES: 1. Bajaj HS, Abouhassan T, Ahsan MR, et al. Diabetes Canada position statement for people with types 1 and 2 diabetes who fast during Ramadan. *Can J Diabetes* 2019;43:3-12. 2. Sievenpeper JL, Chan CB, Dworatzek PD, et al. 2018 Clinical Practice Guidelines: Nutrition therapy. *Can J Diabetes* 2018;42:S64-S79.