



IMAM AND MOSQUE

The focus for this text is for people already diagnosed with diabetes and for the Imam to promote importance of fasting safely through Ramadan

“ Introduction

Today I would like to talk about diabetes and fasting, ahead of the Holy Month of Ramadan.

From 2015, for the next several years Ramadan in the UK is in the summer months and the length of fasts is very long (17 hours +).

Diabetes is when the amount of glucose (sugar) in your blood is too high and because the body cannot use it properly. This is because your body doesn't produce any or not enough insulin, or the insulin produced doesn't work properly.

If you have diabetes, long fasts put you at higher risk of hypoglycaemia (low glucose levels) and dehydration which can make you very ill.

Another problem that can occur if you have diabetes is the risk of high glucose levels (hyperglycaemia) following the large meals.

Therefore, if you have diabetes and are planning to fast, you need to take good care of yourself throughout this period, and it is important that you prepare for it beforehand.

Can you fast if you have diabetes?

- Most people with a health problem, such as diabetes, are exempt from fasting. For some people fasting can be dangerous.

If you are planning to fast, speak to your GP or diabetes nurse as soon as possible.

Remember:

- If you cannot fast, you can offer charity or provide food for the poor. Come and speak to me or your local Imam about this.
- If you cannot fast this Ramadan, you may be able to make up the fast at a later date – perhaps in the winter.

If you do fast:

- Check your blood glucose levels more often – this doesn't break your fast.
- Continue a varied and balanced diet.
- Try not to eat excessively at *Suhoor* and *Iftar* and cut back on the sugary and fatty foods
- When you break the fast, drink plenty of water and sugar free drinks and less tea and coffee to avoid dehydration.
- Always carry a glucose treatment with you.
- Try to fast a couple of days in the month of Shabaan to see if it's safe for you to do so.

If you would like more information you can contact:

Information available in other languages, videos and online tools: Diabetes UK website

www.diabetes.org.uk/ramadan

Ramadan and Diabetes – A guide for patients: Muslim Council of Britain website

www.mcb.org.uk

Diabetes Careline (with a translation service):
0345 123 2399*

*Calls may be recorded for training purposes.

