

Fasting During Ramadan Neesha Patel 21 5 14

Meals Sehar and Iftar

Hours 9-19 hours in UK

Not deemed to be breaking fast

Blood Tests Meds applied to skin Gargles [not swallowed] Cleaning
Teeth Inhalers Injections Eye Drops

Exemptions

Pregnant Breast Feeding

Menstruation

Old Frail

Journey over 50 miles

Learning Disabled

Sick [This would include Diabetes but patients don't see themselves as "sick"]

DM 5% South Asians have DM

Causes include diet and lack of exercise

High Risk DM1 Pregnant RF +- vascular complications

Moderate Risk DM2 on SU or Post Prandial Hypoglycaemics or Insulin

Low Risk Diet or MF, Glitazone, DPP4 or GLP1 SGLT2

Risk in DM1 is of Diabetic Ketosis

Risk in DM2 is of Hypo and dehydration