

Effects of Ramadan fasting on glucose levels and serum lipid profile among type 2 diabetic patients

To the Editor

Great thanks are due to Khan et al¹ for nicely addressing in their study the beneficial metabolic effects of Ramadan fasting (RF) in patients with type 2 diabetes mellitus (DM). Though no studies assessing similar effects in patients with type 1 DM are yet present, the available data pointed out that RF is not harmful, and has no adverse effects on the heart, lung, liver, kidneys, eyes, hematologic profile, endocrine and neuropsychiatric functions.² Actually, Khan et al's study¹ supports what the Holy Qur'an has already stressed on the general beneficial health effects of RF more than 14 centuries ago "O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint". "Fasting for a fixed number of days; but if any of you is ill, or on a journey, the prescribed number (should be made up) from days later. For those who can do it (with hardship), is a ransom, the feeding of one that is indigent. But, he that will give more, of his own free will. It is better for him. And it is better for you that ye fast, if ye only knew". "Ramadan is the month during which the Qu'ran was revealed, providing guidance for the people, clear teachings, and the statute book. Those of you who witness this month shall fast therein. Those who are ill or traveling may substitute the same number of other days. God wishes for you convenience, not hardship, that you may fulfill your obligations, and to glorify God for guiding you, and

to express your appreciation." Surah Al-Baqarah 2:182-185). Therefore, DM, whether type 1 or 2, must not be regarded as a contraindication for RF as long as diabetic patients have a close monitoring of their glycemic states, diets, anti-diabetic medications, and physical activities.

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Reply from the Author

We would like to thank Dr. Mahmood Al-Medawawi for the very positive comments on our article titled 'Effects of Ramadan fasting on glucose levels and serum lipid profile among type 2 diabetic patients'.¹ We are planning to conduct the same type of study for type 1 diabetic patients in the coming month of Ramadan. The protocol is being prepared.

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Related topics

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