

Preparation for safe Ramadan fasting: Lessons from Dia-Ramadan study

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Abstract

Fasting Ramadan is passionately practiced by the majority of people with diabetes across the globe. While fasting could be safe for the majority of patients, a sizeable proportion find it difficult. The latest epidemiological data from many countries confirms this observation. Over the last 21 years, several recommendations for fasting Ramadan were developed. These recommendations have helped to raise awareness about the potential risks encountered by some during fasting Ramadan. Education of healthcare professionals on how to best manage diabetes during Ramadan was strongly enforced in these recommendations along with measures to minimise these possible risks. The significant rise in awareness about diabetes and Ramadan has led to a surge in research in this field which is certainly welcomed as these recommendations were based on minimal evidence-based medicine. Some of these studies investigated comparison of various treatment options. SU were previously considered as higher risk of hypoglycemia while fasting. However, studies such as DiaRamadan has investigated safety and efficacy of Gliclazide MR during fasting. There are still multiple gaps in the evidence-based medicine of Ramadan fasting area. Hence, much more research is required in this field. [*J Assoc Clin Endocrinol Diabetol Bangladesh, 2026;5(Suppl 1): S3*]

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