

Muslims with diabetes who fast during Ramadan face risk of hypoglycemia

The Spotlight Article from this issue of *Diabetic Hypoglycemia* (www.hypodiab.com) addresses the risk of hypoglycemia associated with religious fasting in people with diabetes. Many Muslims with diabetes will fast throughout July during Ramadan even though they may be exempt from doing so. In some countries, a religious fast can last between 10 and 21 hours and is associated with a 1.6-fold increased relative risk of hypoglycemia.¹ In this issue's Spotlight Article, Alia Gilani *et al* describe the risks of religious fasting for people with diabetes, and outline strategies to minimize their chance of experiencing hypoglycemia events.

This issue of *Diabetic Hypoglycemia* also discusses the risk of hypoglycemia associated with exercise in people with type 1 diabetes and how this might be mitigated, and presents the latest information on impaired hypoglycemia awareness. A case of reduced mobility in an elderly person with diabetes is also described.

Reference

1. Loke SC, Rahim KF, Kanesvaran R, *et al*. A prospective cohort study on the effect of various risk factors on hypoglycaemia in diabetics who fast during Ramadan. *Med J Malaysia* 2010;**65**:3-6.

About Diabetic Hypoglycemia

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