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


About Diabetic Hypoglycemia

Published by ESP Bioscience (Crowthorne, UK), Diabetic Hypoglycemia is an influential online diabetes journal led by Editor-in-Chief Professor Brian Frier (Edinburgh, UK), with Associate Editors: Professor Simon Heller (Sheffield, UK), Professor Christopher Ryan (Pittsburgh, USA), Professor Rory McCrimmon (Dundee, UK), and Professor Anthony L McCall (Virginia, USA). Published three times annually, Diabetic Hypoglycemia shares practical knowledge and opinions in the field of hypoglycemia with healthcare professionals and allied professionals.

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