

Report of the Second Conference on Diabetes and Ramadan, IRAN, Mashhad, 2017

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The phrase "va man kan marizan" (excepting who is seek from fasting) on the fasting of the holy month of Ramadan in the verse of 185 of the Qur'anic Surah, followed by the kindly phrase "Yaridullah Bekom Al-yosr va La Yerido bekom al-osr", is undoubtedly a major task of medical scientific assemblies. To conduct comprehensive and evidence-based studies, firstly, should determine the course of fasting in patients, and, second, patients who may be able to fast, prepare for Ramadan, and support and monitor them during the fasting month of Ramadan. This important issue for diabetics is of particular importance due to epidemiological and demographic issues.

It is estimated that it currently has fifty million patients in the world are fast every year during the holy month of Ramadan, threatening their health and challenging their health care systems, especially during the present years, which the month of Ramadan located in the warm seasons. It is located in high days and is more important in warm and dry countries such as our country. Official statistics do not indicate the fasting rate of diabetic patients in Iran, but according to EPIDIAR study (1), 43% of type 1 diabetic patients and 79% of type 2 diabetic patients are fasting in Ramadan. In a small study conducted in England (2), it was found that (In the absence of guidance from diabetic Muslim patients who tend to fast) 23% of the diabetic

patients who are willing to fast have stopped taking their medicines and 48% had doubled the dose of their evening medications, assuming that 71% of them had fasted in their own wrong way. According to such evidences, the need for clinical guidelines for fasting in Ramadan in diabetic patients has long been felt which resulted in years since 1996, which prompted the publication of a report on the First International Congress on Health and Ramadan (Casablanca Declaration) (3) and in 2005 ADA first Clinical Guideline on diabetes and Ramadan (4) (which was reprinted in 2010) (5), and in most recent case, in 2016, The complete and comprehensive clinical guideline of the International Federation of Diabetes (IDF) in this regard.

Undoubtedly, our diabetes and diabetic training staff in the country every month are facing a major challenge in diabetes and Ramadan fasting, with questions like whether a diabetic patient is fasting? Which patient has fasting conditions? What strategies can reduce the risk of fasting? And a lot of questions, especially regarding the necessary food and pharmaceutical adjustments in fasting conditions.

Therefore, according to the necessity of education and information in this regard, the Parsian Diabetes Center, with the guidance of the Endocrine Research Center of Mashhad

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University of Medical Sciences and in cooperation with the respected Sanofi company, on March 6, 1995, using the distinguished professors of the country, congress of diabetes and Ramadan in Holy City of Mashhad. The conference included training for doctors based on the latest IDF guidelines. Topics include:

1. Epidemiology of diabetes and Ramadan fasting
2. Ramadan fasting physiology
3. Risk classification diabetics for fasting, Which category of fasting does it take? And which does not?
4. What are religious laws in these cases?

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5. The Changes should be made in the diet of diabetics in Ramadan
6. Pharmacological changes in fasting diabetics (oral and intravenous medications including insulin)
7. The Role of Pre-Happy Ramadan Training on Better Blood Glucose Control during Ramadan
8. Hypoglycemia, methods of prevention in diabetic patients

It should be noted that the enthusiasts can the Presentations and slides of the program at the official website of the program at <http://dar-iran.ir>.