

2nd Pakistan International Biennial Conference on Ramadan and Health

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The ninth month of Islamic calendar is known as Ramadan, in which fasting is obligatory for every adult man and woman, except in certain health conditions and during travelling. Since Islamic jurisprudence follows the lunar calendar, which is about 11 days shorter than the Gregorian, Ramadan falls in different seasons throughout the year. The duration of fasting hence may differ by 11 to 18 hours depending on the duration of the day in every country.

More than one billion adult Muslims of age 15 years and above abstain from food, drink, smoking and sexual activities from dawn to sunset during this month. Consequently, eating habits and sleeping patterns alter during this month, which has the potential to affect the physiology of a fasting person. Presently, many investigators, especially the Muslim researchers, have been conducting clinical and observational studies to observe these changes. Departments and institutions have been established to facilitate the investigators and conduct studies on the effects of Ramadan on different diseases, especially diabetes. Many journals are keen to disseminate the findings of these specialized studies. Some scientists from Mashhad, Iran have initiated a medical journal 'Journal of Fasting and Health' dedicated to publishing only those studies which have been conducted for Ramadan fasting. In addition, an

international association 'Diabetes and Ramadan: An International Alliance' has been established to coordinate and cooperate in developing guidelines for fasting diabetic patients.

Despite the rising interest in the subject, few international conferences have been organized to gather the scientists involved in Ramadan-related studies. Jinnah Sindh Medical University, Karachi, Pakistan, has taken the lead in this respect by organizing a biennial conference dedicated to the subject of health in Ramadan. The conference's second edition is being organized this year lead by the JSMU Vice Chancellor Professor Syed Mohammad Tariq Rafi.

This conference will be held from Friday to Sunday, 8-10 September 2017, corresponding to 16-18 Dhul Hijjah 1438 H, at the Jinnah Sindh Medical University, Karachi, Pakistan. The theme of the conference this year is '**Fasting Leads towards Better Health**'. Two institutions of Karachi, namely; Jinnah Sindh Medical University and Sir Syed Institute of Diabetes and Endocrinology are jointly organizing the event. The focus of the conference is to disseminate the scientific evidence of the impact of fasting during Ramadan on human health. Speakers from Malaysia (Prof. Mafauzy Mohamed), Iran (Dr. Mohsen Nematy), United Arab Emirates (Prof. Abdul Jabbar), Egypt (Prof. Adel Abdel Aziz El-Sayed), and Saudi Arabia (Dr. Kamran

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Mahmood Ahmed Abdul Aziz) are going to present their scientific works.

The inauguration session will be held in the evening of Friday, 8th September 2017, at the Pearl Continental Hotel, Karachi. Honorable Minister of Health, Religious Affairs, Zakat and Ushr, Government of Sindh, Dr. Sikandar Ali Mandhro and the Chairman Hilton Pharma, Mr. Sardar Muhammad Yasin Malik will be the Chief Guest and Guest of Honor, respectively. The scientific program will be held on Saturday-Sunday, 9-10 September, 2017. Program

comprises nine sessions. Out of these, three sessions are dedicated to 'Diabetes and Endocrinology', while two deals with 'Diseases other than diabetes'. Four sessions are for contributed papers. The 'Diseases other than diabetes' sessions will cover cardiovascular, nephrology, obstetrics and gynecology, stroke, gastroenterology, and pulmonology. The weather of Karachi will be pleasant in the month of September. We cordially invite all the interested delegates to come to Karachi and attend this exciting international conference.

References:

<http://www.jsmu.edu.pk/index.html>