

NEWSLETTER

Monthly **Diabetes Educator**

A forum for diabetes educators, dietitians and other health care professionals with interest in diabetes.

Aims:

To provide, facilitate and promote education for prevention and management of diabetes and its complications.

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Ramadan and Hajj Study Group Pakistan: A Project of Baqai Institute of Diabetology and Endocrinology

The month of Ramadan has special significance for all Muslims of the world as fasting in Ramadan is one of the five pillars of Islam. Muslim constitute around 1.7 billion people of the world population. It is obligatory for all healthy adult Muslims to fast from dawn to dusk for whole one month each year.

For many chronic diseases like diabetes, hypertension etc. there are no clear-cut guidelines for patients who are stable and can fast during Ramadan.

Recommendations and suggestions are based on personal experiences and are expert opinions but evidence-based guidelines are missing. As Muslim scientists it is our responsibility to find out answers of unanswered questions.

Secondly, until we gather sufficient evidences, whatever knowledge we have, we need to disseminate it. Ramadan specific education is the corner stone of safe fasting, the notion proven in several studies. Baqai Institute of Diabetology and Endocrinology took initiative in 2008 to form **Ramadan Study Group Pakistan (RSGP)** and now recognized as **Ramadan and Hajj Study Group Pakistan (RHSGP)** to include hajj awareness and research activities also.

Hajj is also one of the main pillars of Islam and is mandatory for all adult Muslims who can afford the journey and are in acceptable health. Over two

half million pilgrims gather from different nationalities to perform pilgrimage in Saudi Arabia in the lunar month of ZulHijjah.

A significant proportion of those performing hajj are elderly and may suffer from chronic medical conditions. Ten percent of the people in this age group are diabetic. Increasingly, diabetes has been reported as one of the leading causes of morbidity and mortality during hajj. People who have poor glycemic control or severe and recurrent episodes of hypoglycemia, recent ketoacidosis or hyperosmolar state and advanced diabetic complications such as renal disease may be at high risk of worsened condition or death.

The rules on medical decisions before and during the Hajj among people with diabetes are largely unknown. This is mainly due to lack of evidence from prospective and/or retrospective studies on the experiences during Hajj.

Ramadan and Hajj Study Group is using all possible means to create awareness about chronic diseases like Diabetes and Hypertension for their early diagnosis and appropriate treatment especially during Ramadan and Hajj.

Ramadan and Hajj Study Group aims and objectives are as follows:

- To educate patients, doctors and diabetes educators about Ramadan and Hajj specific recommendations, develop guideline for doctors and to develop Ramadan and Hajj specific educational material for patients in order to ensure safe fasting during the month of Ramadan and to minimize complications during Hajj.

- To develop and updating the website about Ramadan, Hajj and Diabetes.
- To conduct multi-national, multi-centered studies in order to develop evidence-based guidelines for safe fasting and safe Hajj in people with diabetes.

Research and Education Campaign

RHSGP this year has completed 11 years of research and education campaign since 2008. It has done 20 studies which were published in international and national index journals. Our 4 studies have been submitted for publication and many are in the pipeline. RSGP conducted weekly Ramadan and education session for patient with diabetes this year before Ramadan. RSGP has also developed short online 1-week course for doctors. A national survey 2016-17 conducted to find out knowledge, attitude, practice regarding diabetes and Ramadan; RHSGP has now collaborators both nationally & internationally.

RHSGP Activities

Ramadan Conference



RHSGP is organizing an International Diabetes and Ramadan Conference since last 5 years, this year RHSGP organized it's 5th International Diabetes and Ramadan Conference at 23rd-24th March at College of Physicians and Surgeons Pakistan (CPSP) Karachi with the collaboration of BMU and DAR International Alliance, the conference was very well attended and it also attracted quite a few distinguished speakers from overseas. Scientific programme of the conference was spread over six sessions which included key note presentations besides debates. A special session with a Religious Scholar was also part of the programme.

Workshops



The enormous burden of people with diabetes is largely seen by general practitioners and family physicians. RHSGP is organizing series of workshops every year since last 5 years to train GPS & FP regarding diabetes management during Ramadan across of the country and so far, has trained 3000+ doctors. These workshops were also arranged in 6 different cities including Lahore, Faisalabad, Rawalpindi, Mirpur, Quetta and Peshawar before Ramadan this year headed by Prof. Yakoob Ahmedani. During this workshops Ramadan and Diabetes were discussed, and Ramadan related education material was also distributed among the participating doctors.



Ramadan and Hajj specific education material

RHSGP has developed Ramadan and Hajj specific education material for doctors and patients for the better awareness of people in order to ensure safe fasting during the month of Ramadan and to perform Hajj without complications. RHSGP has also published fatwa regarding ramadan taken from one of the highest religious institute of Pakistan and is widely distributed.



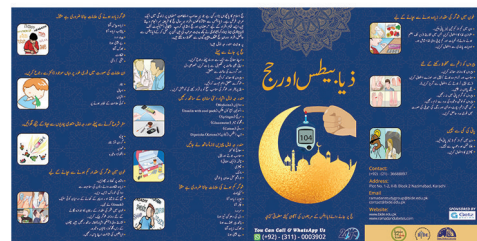
Doctor's Guideline for Ramadan 2019



Doctor's guidelines for hajj 2019



Patient Education Material for Ramadan



Patient Education Material for Hajj

Patient Awareness Programs held so far in 2019

Ramadan Awareness Program



Each year RHSGP also organizes patient awareness programs to educate people with diabetes and their families regarding safe fasting, this program was organized at Sunday 6th April 2019 before Ramadan which was attended by approx. 200 patients. Ramadan related education was done including hypoglycemic and hyperglycemic symptoms,



self-monitoring of blood glucose (especially if they develop symptoms), dosage and timing alteration, physical activity, when to break the fast etc. Mufti sahib also clarified queries in the light of Islam. A certified dietitian Mrs. Maryam Abdeali from BIDE took a very interactive session about diet and fluid intake during Ramadan.



Hajj Awareness Program for Doctors



RHSGP has also organized an awareness program for the doctors on 16th June 2019 at BIDE which was attended by approx. 25 doctors. An overview on Muslim pilgrimage and diabetes was given by Prof. M Yakoob Ahmedani. He discussed about health risks for pilgrims with diabetes, importance of pre-travel consultation & education, hypoglycemic and hyperglycemic symptoms and their prevention, preventing foot problems, vaccinations before hajj. A session on diet was also taken by a dietitian from BIDE.



Hajj Awareness Program for Patients



This session has been organized by RHSGP on June 30, 2019, was held at BIDE under the guidance of Prof. M Yakoob Ahmedani. Around 50-60 people were present at the session. An overview on hajj and diabetes was given by the head of RHSGP, including health risks for pilgrims with diabetes during hajj, pre-travel consultation & education, vaccination, and how to care diabetes during hajj. Senior dietitian discussed about diet during hajj & literature regarding hajj as well as proper footwear during hajj were distributed.



Diabetes and Ramadan (DAR) International Alliance



Diabetes and Ramadan (DAR) formed in January 2013 following an « International Diabetes Federation-Middle East and North Africa Region» meeting (IDF-MENA region). It works with all those involved with the management of diabetes during Ramadan fasting to make it a safe and enjoyable month for those who observe it. RHSGP is a part of diabetes and international alliance & RHSGP members have contributed as authors in the development of IDF-DAR guidelines published in 2016. DAR international Alliance organize annual conferences, last year it organizes 7th DAR International Alliance Conference between 8-9 February 2019 at Conrad Hotel, Dubai-UAE in which chairperson of RHSGP Prof Yakoob Ahmedani was invited as a speaker, he

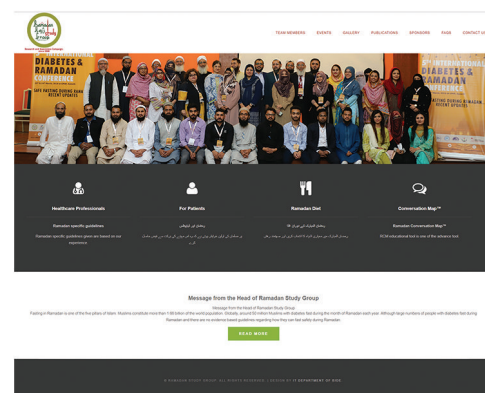
talked on Insulin Therapy During Ramadan in T2DM.

Ramadan Conversation Map™ Tool



We have significantly contributed in the formation of Ramadan and Diabetes conversational map tool and its launching in Pakistan. Baqai Institute of Diabetology and Endocrinology (BIDE) has taken a major part in designing of managing Diabetes during Ramadan Conversation Map™ education tool under the supervision of Prof. Yakoob Ahmedani. It addresses individual decisions within diabetes self-management during Ramadan with consideration of religious exemptions and the risks associated with fasting and diabetes management. Pre-Ramadan medical assessment has been stressed in this novel tool. The food choices are also been bring up in this map especially in relation of Ramadan fasting. It is also been converse that in which situations a person with diabetes should break their fast. The tool is beneficial for both individuals with diabetes and their healthcare team.

RHSGP website



Specific RHSGP website has been developed to educate patient, doctors and people.

Website: Ramadananddiabetes.com

Email: ramadanstudygroup@gmail.com

Helpline: 0311-0003902

Patient Corner

Story of Zain with type1 Diabetes (Part 6)

By Ms. Erum Ghafoor, Consultant Diabetes Educator

Previous Summary: Zain is 12 years old young man who is a football player. He was feeling so weird and sick for many days which is affecting his overall life. One day he collapsed, and the doctor has diagnosed him with type1 diabetes. He was in shocked, and now it's time that he should learn how to take insulin injection by himself and other aspect of managing diabetes.

Part 7: My diabetes educator has explained that before playing any physical game or activity, my sugar must be more than 120 mg/dl. If it less than it than I should have a protein-based snack such as chicken or mutton sandwich. She also explained that protein is essential with carbohydrates because it will keep my sugars constant for sometimes, and I will not have hypoglycemia. She told me that if I play more than 60 minutes then I

must check my blood glucose level in the middle of the game too. I might get hyperglycemia which not happened usually, but sometimes more extreme activity causes hyperglycemia because our muscles and fats release glycogen, which is a stored form of sugars. I have asked her why it happens? She smiled and said I am glad you are listening very carefully and I am sure you would manage your diabetes so well in no time. She has elucidated again that when our body is lacking glucose than our system signal, the brain and brain sent a message for help. In easy words, the brain instructs to provide glucose to our body through our stored sugar in the form of glycogen in fats, muscles, and livers. As soon as the signals are received, sugars get released, and it also happens due to prolong activity because our body needs energy, so fat and muscles release sugars to boost energy for the activity. Unfortunately, in both cases, we encounter hyperglycemia; that's why we need to keep checking our blood glucose levels from time to time, especially during physical activity.

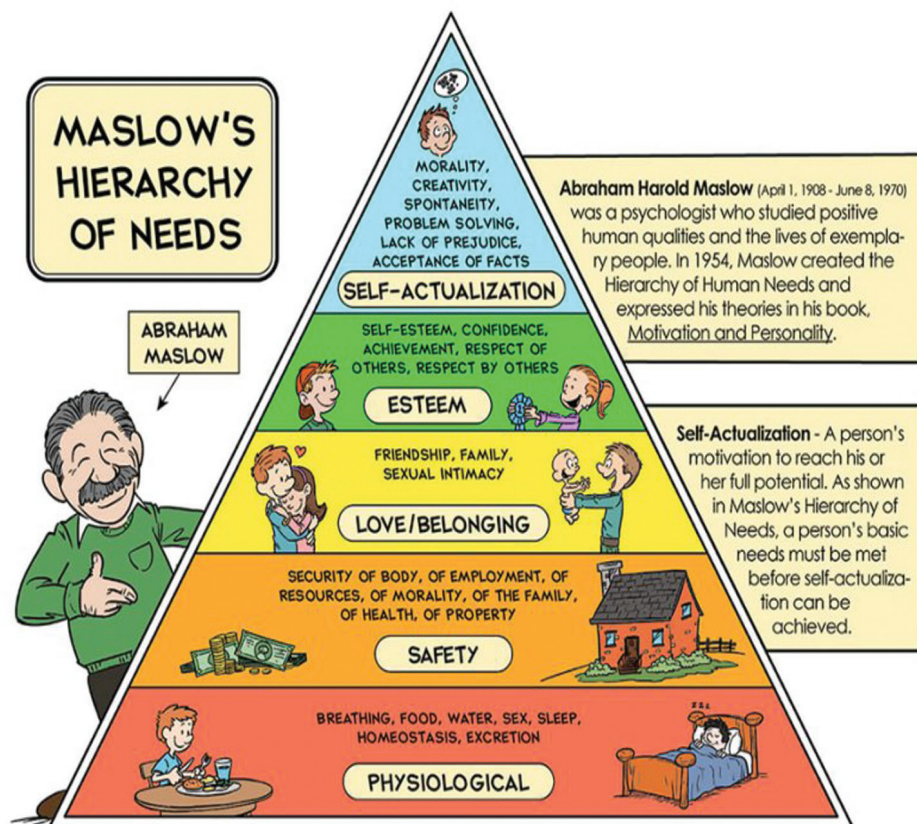
high blood sugar and we get sick and weaker day by day. She explained that there are two common types of diabetes. First and most common kind is type 2 diabetes, and the other is type 1 diabetes. Type 2 diabetes is the condition in which insulin is either not sufficient or not working correctly due to many reasons such as obesity, family history of diabetes, bad eating habits, no physical activity and sedentary lifestyle. Whereas type1 diabetes is autoimmune condition in which our body's defense system considers our pancreatic cells as virus or bacteria and keeps destroying them. Unfortunately, I have been diagnosed with type1 diabetes which means my immune system has destroyed my pancreatic cells and I need to take insulin all my life.

Continue in Next issue.....

Moral of the part:

Diabetes is a metabolic disorder which can happen to anyone at any age and any time but it can be managed through healthy life style and proper treatment.

Information Corner



In the Next Issue

Latest updates of NADEP activities

- Planet and the plate
- Exercise does help prevent or reduce depression
- Impact of diabetes prevention program on older patients