# Contents

## SECTION 1: OVERVIEW


1. **Overview** 3
   *Sanjay Kalra*
2. **Introduction** 8
   *Mahdi Kamoun, Mouna Feki Mnif, Ines Slim*
3. **Pre-Ramadan Counseling** 13
   *Hamid Ashraf, Altamash Shaikh*
4. **Endocrinology of Fasting** 23
   *Ines Slim, Mahdi Kamoun, Mouna Feki Mnif*
5. **Risk Stratification of People with Diabetes** 39
   *Altamash Shaikh*
6. **Beneficial Effects of Ramadan Fasting on Health** 45
   *Mahdi Kamoun, Mouna Feki Mnif, Ines Slim*


## SECTION 2: NONPHARMACOLOGICAL MANAGEMENT


7. **Glycemic Monitoring during Ramadan** 61
   *Mohan T Shenoy, Kaushik Biswas, Vineetha K Ramdas Nayak*
8. **Diabetes-friendly Recipes for Ramadan** 68
   *Shilpa Joshi*
9. **Nutrition Recommendations for Individuals with Diabetes during Ramadan** 76
   *Sarita Bajaj*
10. **Physical Activity in Ramadan** 86
    *Altamash Shaikh*
11. **Stress Management and Diabetes in Ramadan** 92
    *Altamash Shaikh*


## SECTION 3: PHARMACOLOGICAL MANAGEMENT


12. **Traditional Oral Antidiabetic Drugs in Ramadan** 101
    *Shariq R Masoodi*
13. **Newer Drugs for Type 2 Diabetes Mellitus and Ramadan** 112
    *Bilal Ahmed, Muhammad H Farooqi*

14. **Incretin-based Therapy during Ramadan Fasting** 120
*Rakesh K Sahay, Sumayya A Kalam*

15. **Type 1 Diabetes Mellitus and Fasting during Ramadan** 130
*Rakesh K Sahay, V Sri Nagesh*

16. **Insulin in Type 2 Diabetes Mellitus** 141
*Shehla Shaikh, Altamash Shaikh, Manoj Chadha*

## SECTION 4: SPECIAL SITUATIONS IN RAMADAN

17. **Ramadan Fasting in Children and Adolescents** 157
*Anish Ahamed*

18. **Using Technology for Safe Fasting** 164
*Shehla Shaikh*

19. **Ramadan Fasting in Women** 170
*Sarita Bajaj*

20. **Ramadan Fasting in Elderly** 177
*Jamal Ahmad*

## SECTION 5: MANAGEMENT OF COMPLICATIONS

21. **Hypoglycemic Emergencies in Ramadan** 189
*Shehla Shaikh, Rizwan Naseer, Kevin J Furlong, Intekhab Ahmed*

22. **Hyperglycemic Emergencies in Ramadan** 199
*Shehla Shaikh, Rizwan Naseer, Kevin J Furlong, Intekhab Ahmed*

23. **Dyselectrolytemia in Ramadan** 214
*Bashir A Laway, Mohammad S Baba*

24. **Management of Diabetic Patients with Comorbid Conditions during Ramadan** 219
*Hamid Ashraf, Mahdi Kamoun, Ines Slim, Mouna Feki Mnif*

***Index*** 231