

**Safety and efficacy of the available oral anti
diabetic drugs in treating type-2 diabetics
during Ramadan 1437(Hijri)fasting in
FayoumGovernate**

BY

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Abstract

Background:

Fasting during Ramadan, a holy month of Islam, is an obligatory duty for all healthy adult Muslims. Many patients with diabetes insist on fasting during Ramadan, thereby creating a medical challenge for themselves and their physicians. It is therefore important that medical professionals be aware of potential risks that may be associated with fasting during Ramadan. Structured diabetes education is an essential tool for the management of diabetes during Ramadan that can help patients to less weight gain and fewer episodes of hypoglycemia.

Aim of work:

The aim of this study is to assess safety and efficacy of the available oral antidiabetic agents during Ramadan 1437 (Hijri) in Fayoum Governorate.

Patients and Methods:

This study included 404 subjects. Before Ramadan all participants would have a structured educational session targeting safe fast. At the initial visit, patient's data would be collected including age, gender, duration of diabetes, type, dosage and timing of oral medication. Also, blood pressure, waist circumference and body mass index would be measured and would be repeated after Ramadan. Blood sugar, HbA1c, AST, ALT and kidney serum urea, uric acid creatinine and urinary albumin creatinine ratio in addition to lipid profile will be measured before and also after Ramadan fast.

Result:

This study concluded that mean total HbA1c improved during Ramadan ($P < 0.001$). We also found that patients treated with SUs experienced major hypoglycemic events and other attack of ischemic heart disease. Similarly, a fewer patients experienced weight gain when treated with TZDs. On the contrary we found that there was no evidence of hyperglycemia or hypoglycemia in patients using DPP4-I with better improvement of the lipid profile than the other groups.

Conclusions:

There are several potential benefits of fasting during Ramadan. Active glucose monitoring throughout the holy month of Ramadan enabled us to pick up more hypoglycaemic episodes. The study revealed that the preferred antidiabetic drugs during Ramadan are DPP4-I which are agents that provide sustained glucose control during prolonged fasting with low risk of hypoglycemia, especially during the fasting period.