

# Health T.A.G.



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## MANAGEMENT OF DIABETES DURING RAMADAN

### What are the risks and complications of fasting?

- People with diabetes are at a greater risk of complications such as hyperglycaemia (high blood sugar), hypoglycaemia (low blood sugar) and dehydration
- Elderly people have a greater risk of such complications



### Signs and symptoms of Hyperglycaemia (High blood sugar)



Excessive  
thirst



Frequent  
urination



Hunger



Fatigue



Nausea/  
vomiting



Abdominal  
pain

### Signs and symptoms of Hypoglycaemia (Low blood sugar)



Trembling



Sweating



Palpitations



Confusion



Fatigue



Dizziness

### Signs you should stop your fast

When your blood sugar drops **below 4 mmol/L**

- Break your fast with something sugary such as sweets, dates, honey or a sweetened drink

When your blood sugar rises **above 16 mmol/L**

- It is advised to break your fast as fasting may be unsafe

### Signs and symptoms of dehydration

- Dry mouth
- Dark coloured urine
- Dizziness
- Headaches



### Self-monitoring of blood sugar

- Monitoring helps to identify and prevent episodes of hypoglycaemia
- Monitoring blood sugar **does not break your fast!**

#### When should I monitor ?

- 1) Before sahur
- 2) Midday
- 3) 3-4pm & 5-6pm (High risk of hypoglycaemia)
- 4) 2 hours after iftar (High risk of hyperglycaemia)
- 5) Any time there are symptoms of blood sugar complications



### Advice on managing diabetes while fasting

- Have sahur later if possible and break fast on time to avoid low blood sugar levels
- Avoid high intensity exercise during fasting hours. It is best to exercise at least 2 hours after iftar

#### Discuss with a doctor

- To review diabetic medications and treatment during Ramadan
- About your suitability to attempt trial fasts before Ramadan



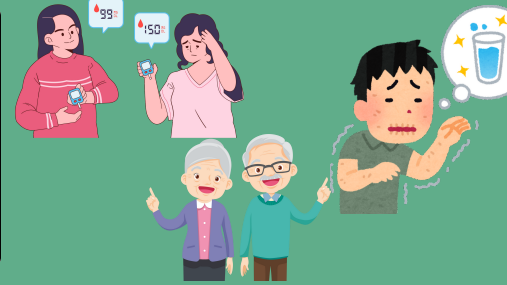


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## PENGURUSAN KENCING MANIS SEMASA RAMADAN

### Apakah risiko dan komplikasi utama sewaktu berpuasa?

- Pesakit yang menghidapi kencing manis merupakan golongan yang berisiko tinggi mengalami komplikasi seperti dehidrasi dan paras gula rendah dan tinggi
- Komplikasi seperti ini lebih ketara dalam warga emas



### Tanda-tanda paras gula darah tinggi



### Tanda-tanda paras gula darah rendah



### Bilakah harus anda membatalkan puasa?

- 1) Jika paras gula darah anda **turun di bawah 4 mmol/L**
  - Batalkan puasa dan makan makanan mengandungi gula seperti gula-gula, kurma, madu atau minuman manis
- 2) Jika paras gula darah anda **meningkat melebihi 16 mmol/L**
  - Digalakkan berhenti berpuasa
- 3) Jika anda rasa kurang sihat

### Tanda-tanda dehidrasi

- Mulut kering
- Air kencing yang gelap
- Pening
- Sakit kepala



### Pemantauan paras gula darah

- Pemeriksaan paras gula sangat penting untuk memastikan ibadah puasa yang selamat tanpa kemudaratan
  - Pemeriksaan paras gula **TIDAK membatalkan puasa**
- Memeriksa paras gula pada waktu tertentu**
- 1) Sebelum sahur
  - 2) Tengah hari
  - 3) 3-4 dan 5-6 petang (Risiko mengalami paras gula rendah)
  - 4) 2 jam selepas iftar (Risiko mengalami paras gula tinggi)
  - 5) Apabila anda mengalami tanda-tanda paras gula rendah atau tinggi



### Nasihat berpuasa bagi pesakit kencing manis

- Lambatkan sahur dan segera berbuka untuk mengelakkan paras gula rendah
- Senaman yang berat harus dielakkan sewaktu berpuasa. Waktu yang paling sesuai untuk berbuat demikian adalah 2 jam setelah berbuka puasa

### Bincang dengan pakar kesihatan

- Tentang pendidikan dan pengulasan rawatan kencing manis semasa berpuasa
- Untuk mencuba puasa sebelum bulan Ramadan tiba





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## HEALTHIER EATING HABITS DURING RAMADAN AND HARI RAYA

### What are some unhealthy eating habits we should avoid during Ramadan?

1. Consumption of large meals and frequently snacking between Iftar and Sahur, which may result in high blood sugar and weight gain
2. Consumption of foods containing high amounts of carbohydrates and sugars e.g. desserts and sweet drinks
3. Eating fried foods more frequently which contain high amounts of fat



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### Dietary advice during Ramadan

#### 1. Don't overeat when breaking your fast. Eat in moderation

- Start with 2-3 dates and water, followed by a well-balanced meal
- Incorporate more fruits and vegetables in your meals

#### 2. Avoid the following foods

- Fried foods, sugary snacks and desserts
- Foods that can cause a sudden rise in blood sugar levels e.g. white bread, white rice, potatoes

#### 3. Hydrate sufficiently

- Drink **8-10 glasses of water** (divided portions) between iftar & sahur
- **Avoid sugary drinks**, syrups and canned juices
- **Minimise consumption of caffeinated drinks** (e.g. coffee, tea) as they can cause dehydration, especially during sahur

### During Hari Raya

Control your portion sizes!

- Eating too much carbohydrates can cause spikes in blood sugar
- Raya dishes and snacks are high in sugar and fat content so we should control our temptations and eat in moderation!

## MAKAN DENGAN LEBIH SIHAT SEMASA BULAN RAMADAN DAN HARI RAYA

### Apakah tabiat pemakanan tidak sihat yang sering diamalkan semasa Ramadan?

1. Mengambil hidangan makanan yang besar semasa berbuka, yang boleh mengakibatkan paras gula meningkat dan juga menaikkan berat badan
2. Makan makanan manis yang boleh meningkatkan paras gula darah
3. Makan makanan gorengan yang mengandungi lemak yang tinggi



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### Amalan pemakanan yang baik semasa Ramadan

#### 1. Jangan makan secara berlebihan semasa berbuka

- Mulakan dengan makanan ringan seperti 2-3 kurma dan air
- Lebihkan buah-buahan dan sayur-sayuran

#### 2. Elakkan makanan berikut

- Makanan gorengan dan makanan manis
- Makanan yang menyebabkan lonjakan paras gula seperti roti putih, nasi putih dan kentang

#### 3. Minum air yang mencukupi

- **Berusaha untuk minum 8-10 gelas air** antara iftar dan sahur
- **Elakkan minuman manis**
- **Kurangkan pengambilan minuman berkafein** seperti kopi dan teh, tertutamanya semasa sahur

### Semasa Hari Raya

Mengawal porsi hidangan!

- Elakkan makan karbohidrat secara berlebihan kerana ini boleh menyebabkan lonjakan paras gula
- Makanan hari raya mengandungi gula dan lemak yang tinggi, oleh itu kita harus mengawal nafsu makan!



## IMPACTS OF CHRONIC MEDICATIONS ON FASTING

### Anti-hypertensives

- Fasting increases risk of low blood pressure which adds on to the effects of blood pressure medications
- Some of these medications increase the risk of dehydration as well

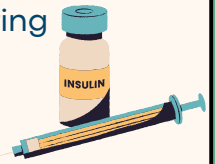
### Diuretics

- Diuretics increase the production of urine and causes frequent urination, increasing the risk of dehydration and acute kidney injury
- For example, "frusemide" and "thiazides"



### Diabetic Medications

- Certain diabetic medications increase one's risk of hypoglycaemia especially during fasting
- For example, "insulin" and "sulphonylureas"



### What can I do to better manage the side effects of these medications?

- Discuss with your doctor to review these medications and make adjustments so that you can fast safely
- Monitor your blood pressure throughout Ramadan and look out for signs of low blood pressure e.g. dizziness and fainting
- Stand up and rise slowly during Taraweeh prayers
- Hydrate sufficiently between iftar and sahur, and avoid caffeinated drinks such as coffee and tea



## KESAN UBAT KRONIK PADA YANG BERPUASA

### Ubat darah tinggi

- Berpuasa meningkatkan risiko tekanan darah rendah, oleh itu kesan ubat darah tinggi menjadi lebih ketara
- Segelintir ubat ini boleh meningkatkan risiko dehidrasi

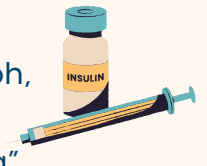
### Ubat diuretik

- Boleh meningkatkan pengeluaran air kencing, meningkatkan risiko dehidrasi dan boleh menjejaskan ginjal
- Sebagai contoh, "frusemide" dan ubat "thiazide"



### Ubat kencing manis

- Ubat tertentu boleh meningkatkan risiko paras gula rendah terutamanya semasa berpuasa
- Sebagai contoh, "insulin" dan "sulphonylurea"



### Bagaimana kita boleh mengurangkan kesan sampingan ubat tersebut?

- Bincang bersama pakar kesihatan mengenai jadual perubatan agar bebas komplikasi dan tidak memudaratkan anda
- Mengawasi tekanan darah sepanjang Ramadan dan perhatikan tanda-tanda tekanan darah rendah seperti pening dan pitam
- Berdiri dengan perlahan terutama ketika solat malam dan terawih
- Minum air mencukupi antara iftar dan sahur, dan elakkan minuman berkafein seperti kopi dan teh

