

روزنامہ ”سما“ اسلام آباد (2) اتوار 7 جون 2015ء

ذیابیطس کے مریضوں کو روزہ رکھنے سے

پہلے مشورہ کرنا چاہیے، اسامہ اشتیاق

اسلام آباد (جنرل رپورٹر) شفا انٹرنیشنل ہسپتال  
اسلام آباد کے ماہر امراض ذیابیطس ڈاکٹر اسامہ  
اشتیاق نے ذیابیطس کے مریضوں کو مشورہ دیا ہے کہ وہ  
رمضان المبارک میں روزہ رکھتے ہوئے انتہائی احتیاط  
سے کام لیں اور اپنے مرض اور خوراک کا خاص خیال  
رکھیں۔ انہوں نے اس بات پر زور دیا کہ شوگر لیول کو  
ہر حال میں کنٹرول رکھنا چاہئے تاکہ مرض کی پیچیدگیوں  
سے بچا جاسکے اور مریض بہتر زندگی گزار سکیں۔

Ramazan advisory

# Doctors urge caution for diabetics

## Consultants advise patients on how to balance their sugar level

NEWS DESK

With Ramazan just around the corner, doctors have called on diabetics to pay extra care in managing their glucose levels while fasting.

They were speaking at a seminar organised by Shifa International Hospital (SIH) to educate diabetic patients on how they can fast without adversely affecting their health.

Consultant Endocrinologist Dr Usama Ishtiaq said diabetics have risk of low blood sugars, very high blood sugars, dehydration and sometimes acidosis (presence of increase acids in the blood). But not all patients have similar risks, he added.

“Experts have divided patients mostly in three categories based on their diabetes, complications and associated diseases. These categories include very high, moderate and low risks of above mentioned problems. Therefore, we recommend that all diabetics should consult their treating doctors and discuss their risks,” Dr Ishtiaq underlined.

He said that around 40 to 50 million Muslims with diabetes across the world fast dur-

ing Ramazan, adding that it is difficult to keep diet and blood glucose levels under control while fasting.

He stressed that patients can encounter some serious health issues while fasting such as an extreme increase or decrease in blood sugar level, lower water level in the body and some serious threats to diabetic children, pregnant women, and heart and kidney patients. He was of the view that frequent disturbance in diabetes may harm one’s health permanently.

Senior Clinical Dietitian Zainab Ghayyor advised patients to improve and maintain nutritional status during Ramazan fasting and prevent and treat complications in time. “Drug doses should be adjusted according to diet,” she suggested, while advising the patients not to skip sehri.

While highlighting the importance of fasting in Islam and its positive and spiritual impacts, Senior Manager Religious Affairs Azmatullah Qureshi, informed the audience about some health practices that do not affect fasting such as use of injection, using asthmatic inhaler and donating blood, vomiting, and pouring medicines into the eyes or ears. He said that there was no excuse for skipping fasting in minor diseases like flu or fever.

# Diabetics advised to consult doctor before Ramazan fasting



**OUR STAFF REPORTER  
ISLAMABAD**

People with diabetes should take extra care while observing fasting to manage their blood glucose level and avoid any unpleasant situation during the holy month of Ramazan that is around the corner, as frequent disturbance in diabetes control can lead to permanent complications.

Prominent consultants suggested in a seminar "Roza aur Sehat" organised by Shifa International Hospital (SIH) to create awareness among diabetic patients intended to observe fasting without harming their blood glucose level, here on Saturday. A large number of diabetic patients, doctors, media persons and people from all walks of life attended the seminar.

Diabetic patients have risk of low blood sugar, very high blood sugar, dehydration and sometimes acidosis (presence of increase acids in the blood). But not all patients have similar risks, said Consultant Endocrinologist SIH Dr Usama Ishtiaq. Experts have divided patients mostly in three categories based on their diabetes, complications and associated diseases. These categories include very high, moderate and low risks of abovementioned problems. "Therefore, we recommend that all diabetic patients should consult their treating doctors and discuss their risks," Dr Usama underlined.

He said around 40 to 50 million Muslims with diabetes fast during Ramazan in the world. It is difficult to keep diet and blood glucose level controlled while fasting unlike normal months. He highlighted that patients can encounter some serious health issues while fasting such as an extreme increase or decrease in blood sugar level, lower water level in the body and some serious threats to diabetic children, pregnant women, and heart and kidney patients.