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Effect of Fasting on Blood Sugar in NIDDM Patients in Ramazan Holy Month

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Abstract

Introduction: There is controversy about the effect of fasting on fasting blood sugar of diabetic patients. In this study we are going to determine this issue in the patients with type II diabetics (DM2).

Objective: Survey the effect of fasting on blood sugar in NIDDM patients in Ramazan month.

Materials and Methods: In a quasi experimental study, 17 NIDDM patients (5 males & 12 females) aged 32-65 years old, with the mean of 48.6 ± 8 years old were selected by easy sampling. All patients were on oral agents or diet and fasted during a Ramazan month. Patients with symptomatic diabetic complications & those under 30 & over 65 years old were of this study. Blood was drawn for FBS before & during fasting month at 2 weeks interval. The cases were emphasized to observe the same diet constituents & calorie as before the holy month.

Results: The mean of FBS before & during the holy month was 152 ± 56 mg/dl and 140 ± 25 mg/dl respectively. The difference between fasting blood sugar was not significant.

Conclusion: Fasting did not have any significant effect on FBS in diabetic group of patients.

Key words: Blood Glucose/ Diabetes Mellitus, Insulin- Dependent/ Fasting