



Fasting in Ramadan

Health benefits that you reap

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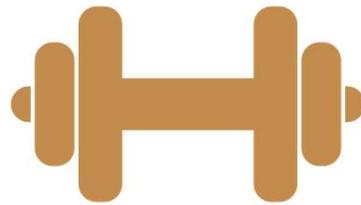
Fasting improves health



It improves health, general feeling of wellbeing without use of any drugs.



It brings drug free changes in our mind, body and soul.



FASTING IS A GOOD DETOXIFICATION EXERCISE

It fine tunes your body and its physiological systems

IMPROVES YOUR HEART AND CARDIOVASCULAR FUNCTIONS

Blood pressure,
Cholesterol: good
cholesterol increases
and bad cholesterol
decreases.



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A medical chart with a stethoscope and a blood test tube. The chart has a grid and a line graph. The text "Blood sugar control" is written on the chart. A stethoscope is resting on the chart. A blood test tube with a green cap is also visible.

Blood sugar control

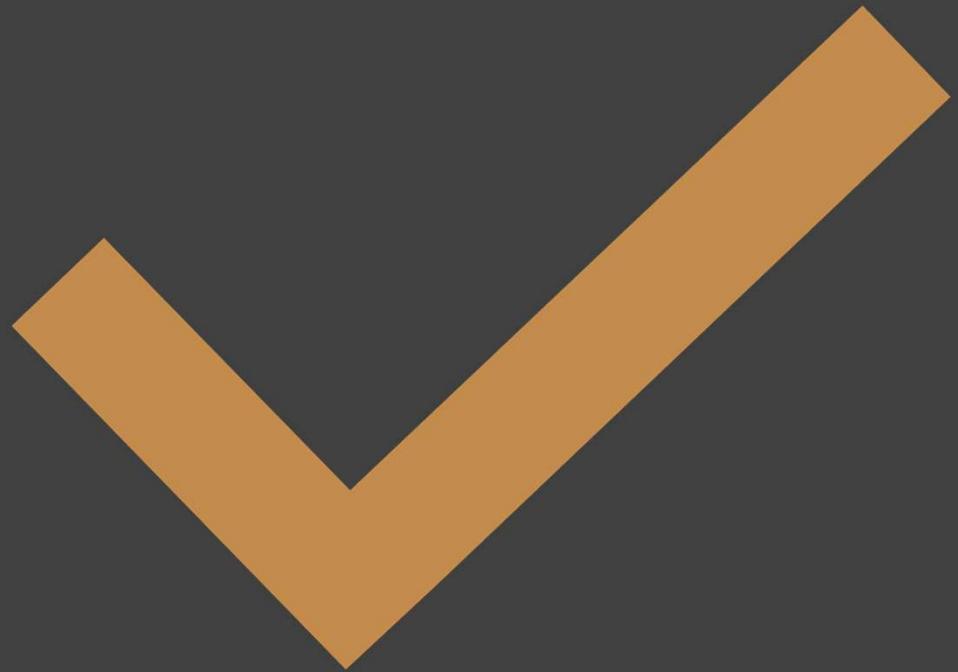
IMPROVES METABOLIC FUNCTIONS

Blood sugar, blood tests and weight (reduced or remains the same)

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***Increases
body
immunity***



Stages of Fasting

First Stage: Little hard in the first few days as we feel weak and tired.

Second Stage: After first few days, our body gets accustomed to fasting and we start to feel better. Body starts to repair, detoxification of body systems, feeling of wellness, improved focus and concentration.

Third Stage: Our spirituality is at its peak.

We do Qiyamul lael, I'tekaf, lailatul qadr, ibadah in the last a'shura of Ramadan.

Exemptions from fasting

Permanent: Children before puberty, Disabled, mentally challenged, The old and frail, people with chronic debilitating diseases like end stage kidney disease or uncontrolled Diabetes.

Temporary: Pregnant and Nursing women, Menstruating women, Travelers, Acutely sick like High fever, Vomiting and diarrhea



Nutrition in Ramadan

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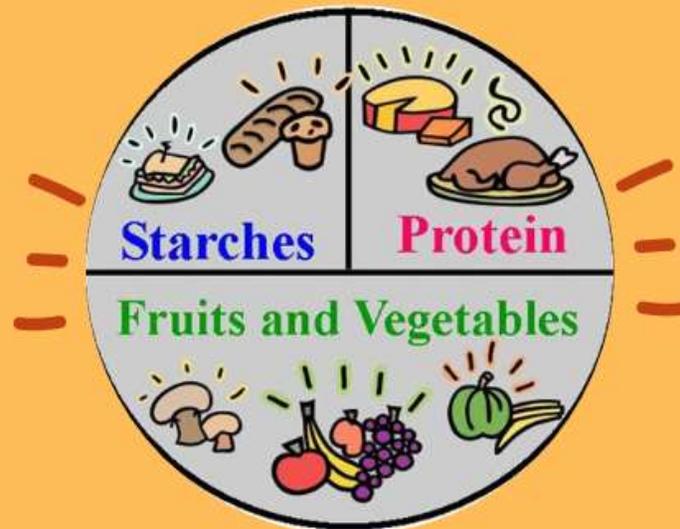
Avoid Sugary Foods

LIKE ROOH AFZA, SQUASH, ETC.



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*Protein is a very important part
of your 2 meals*



*Use chicken, meat, eggs, daals,
chickpeas, Greek yogurt, etc.*

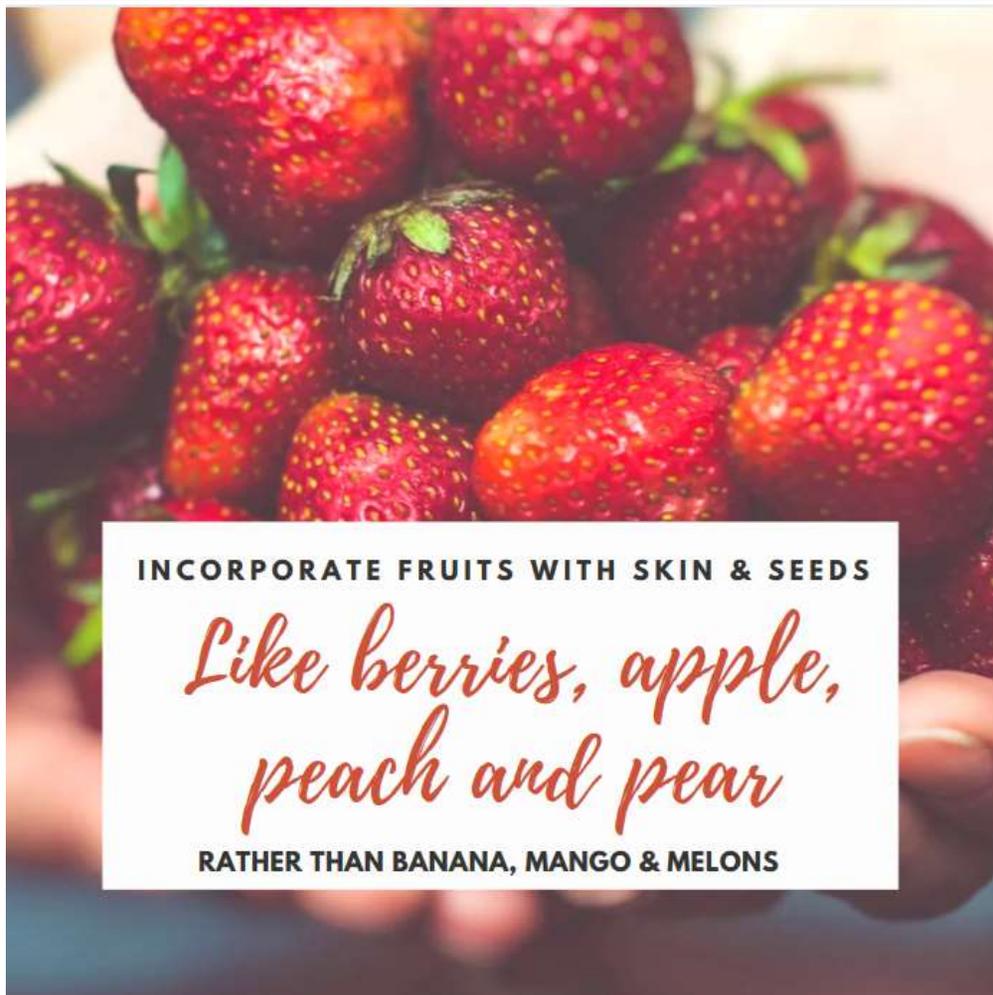
It keep you full longer and controls your blood sugar
(preventing a significant rise as well as a drop in sugars)

The background of the slide is a collage of food-related images. On the left, there's a white plate with several slices of golden-brown, porous bread. On the right, there's a glass bowl filled with a colorful vegetable salad, including green leafy vegetables, red tomatoes, and yellow cherry tomatoes. In the bottom right corner, a red pepper is visible. The central text is overlaid on a white rectangular background.

VEGETABLES
ARE A GREAT SOURCE OF FIBER

TRY TO GET TWO
DIFFERENT COLORED
VEGETABLES IN
EACH MEAL

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INCORPORATE FRUITS WITH SKIN & SEEDS

*Like berries, apple,
peach and pear*

RATHER THAN BANANA, MANGO & MELONS



*Avoid deep fried foods
like samosas, pakoras,
etc.*

**INSTEAD
PAN FRY KABABS
& BAKE SAMOSAS**

*or enjoy a chickpea salad with
tomatoes, peppers, onions, etc.!*

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Hydration

DRINKING ENOUGH WATER DURING RAMADAN

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Importance of hydration



Water in our body helps the blood to transport oxygen and other nutrients to every part of our body.



Reduction in water intake can affect our body functions.



Keep yourselves hydrated



We need to drink 1.5 to 2 liters of water daily, to keep us well hydrated.

Tips for hydration

It is best to drink at least 1.5L of liquid (around 8 glasses) between iftār and seḥri.

Two glasses at seḥri, ideally, just after you wake up for seḥri.

Avoid drinking iced water at iftar.

Keep water besides bed so if you wake up drink some.

Tips for hydration

An excellent way is to replenish the body with electrolytes; water; unsweetened, caffeine-free teas such as mint tea, fruit tea; unsweetened, freshly squeezed lemon or lime juice with a pinch of salt.

Consume fruits and vegetables with high water-content.

Dehydration



The long hours of fasts with no fluid intake increases the risk of dehydration.



This risk is greater in the summer, specially in laborers in hot and humid climate.

Avoid dehydration

1

Avoid hot and spicy foods - they increase thirst.

2

Avoid too much salt or salty foods

3

Avoid being in direct sun light



Medications and Fasting

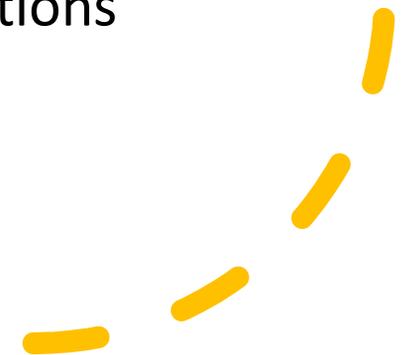
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MEDICINE DURING RAMADAN:

How your
dosage might
change

To help you observe fasting, your doctor or pharmacist may help you adjust:

- the times of your medication doses
- the number of doses
- the time span between doses
- the total daily dosage of medications





Please discuss with your family doctor and/or endocrinologist if and how your medications should be adjusted.



For more information , please refer to Diabetes Canada; Clinical Practice Guidelines (see link below)

DIABETIC MEDICATIONS

<https://guidelines.diabetes.ca/healthcareprovidertools/ramadan-and-diabetes>

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Self Monitoring of Blood Glucose (SMBG)

SMBG is important both during and outside of fasting.

Religious authorities agree that pricking the skin for monitoring glycemic control **DOES NOT** invalidate the fast.

You **DO NOT** have to break your fast on finding out about your hypoglycemic episodes.

Frequent SMBG may reduce the frequency and severity of hypoglycemic episodes and help you perform fast safely during Ramadan.

PSYCHIATRIC MEDICATIONS

BE

cautious about side effects: dry mouth, dehydration and confusion; especially in the elderly

CONSIDER

a temporary switch before Ramadan to longer-acting medications or medications with once or twice daily dosing.

FOLLOW UP

with your family doctor and/or psychiatrist more frequently if medications are being adjusted.

ABSTINENCE FROM OTHER SUBSTANCES

- Fasting mandates abstinence from alcohol, caffeine, marijuana, tobacco & other illicit drugs.
- For users of these substances, see your doctor to discuss a tapering approach to avoid possible withdrawal symptoms.
- Specific medications, support groups and behaviors can help with withdrawal. Discuss this with your doctor, as well as other allied health professionals.

DRUGS FOR INFECTIOUS DISEASES/ INFECTIONS



When speaking with your doctor, discuss if you can be prescribed a medication you can take once or twice a day.



Inquire if this medication can be taken with or without food.



If already on medications for infections, discuss if you can be switched to long acting therapy.

ANTICOAGULATION & ANTIPLATELET DRUGS

1

Discuss with your doctor if these medications need to be adjusted with the fasting schedule.

2

Avoid foods that may induce an ulcer, or irritate the stomach lining on an empty stomach, and may reduce the effect of warfarin if taken with certain vegetables.

3

Be careful of taking large amounts of vitamin K; like broccoli, spinach, kale, turnip greens, cabbage

4

Avoid garlic, ginger, glucosamine, ginseng, and ginkgo

A large, abstract orange graphic on the left side of the slide, resembling a watercolor splash or a torn paper edge. It is positioned behind the title text.

DRUGS FOR HYPERTENSION

If you are taking blood pressure medication multiple times a day, discuss with your doctor if your medication can be changed to one that is long acting or a medication you can take once or twice a day.

DRUGS FOR HYPOTHYROIDISM

- Take your thyroid medication at the same time every day.
- Take your thyroid medication first thing in the morning, at least 30-45 minutes before eating, on an empty stomach and with water only.
- Do not take with any other medication.





SPEAK TO YOUR DOCTOR

- The classes of drugs reviewed above are a very short list.
- Most patients are on multiple medications for more than one chronic health condition.
- Try to see your family doctor and/or specialist(s) at least 2-3 weeks before the start of Ramadan so you can discuss your medications with them , and appropriate adjustments can be made if necessary.
- Make an appointment with your doctor only to discuss medications. This way your doctor and you can spend the most amount of time planning for your best health during Ramadan.



MEDICAL VISITS DURING COVID-19 PANDEMIC

- Most family doctors continue to provide virtual care for non urgent medical concerns.
- There are now virtual walk in clinics that patients can access as well.
- Please contact your family doctor's office and inquire if you can book a telephone appointment to discuss your medications, or any other health concerns you have.

REFERENCES

- **Diabetes Canada Position Statement for People With Types 1 and 2 Diabetes Who Fast During Ramadan.** Bajaj, Harpreet Singh *et al.* *Canadian Journal of Diabetes*, February 2019, Vol 43, issue 1 , pg 3-12
- **Medication concerns during Ramadan fasting.** Benjamin, Ashley *et al.* *Current Psychiatry*. 2005 September;4(9):64-65
- **Update 2016- Drug Therapy during Holy Month of Ramadan.** *Alomi, Yousef. (2016).*

A person is sitting on a rock in the foreground, looking up at a starry night sky. The Milky Way galaxy is visible in the background. The text is centered within a white, hand-drawn rounded rectangle.

POSITIVE PSYCHOLOGY

Sound Mental Health during Ramadan

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POSITIVE INTENTIONS

Identify and refine your intention and actions

Focus on getting closer to Allah ﷻ during Ramadan

POSITIVE THOUGHTS



Hope for the best and Trust in Allah ﷻ



Explore and cultivate positive emotions.

POSITIVE ACTIONS

Performing positive actions increases positive emotions.

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DANGERS OF NEGATIVE THINKING

1

Focusing on negative thoughts, can destroy your confidence & success.

2

Negative criticism will lead to negative impacts.

3

You will internalize these messages and start to believe them.

4

Take time and reflect to see if these are helpful for your wellbeing.

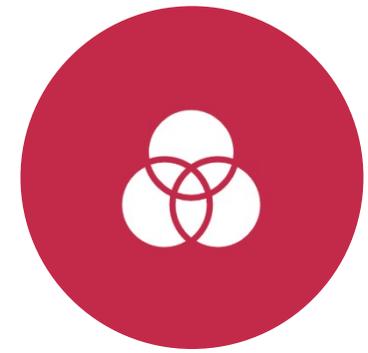
BEAT THE STRESS



BE REALISTIC IN SETTING UP A PLAN
FOR IBADAH AND STICK TO IT.



MANAGE STRESS EFFECTIVELY.



CONTROL YOUR INSTINCT TO COMPARE
WITH OTHERS AS EVERY ONE'S
CIRCUMSTANCES ARE DIFFERENT.

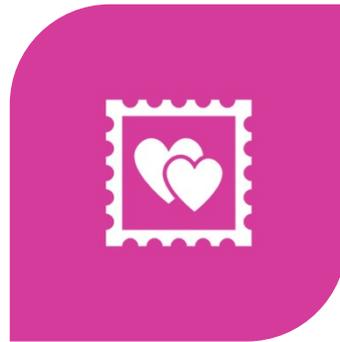
POSITIVE SELF CARE

- Be kind and fair to yourself. Don't be hard on yourselves.
- Keep Suhoor & Iftars simple. Do not overeat.
- Purify your heart and mind. Tazkiyya.
- Avoid: Hasad and Jealousy.
- Compare yourself with people who have less than you, rather than those who have more. This is the best way to be happy, and to appreciate what you have.

POSITIVE FAMILY LIFE



KEEPING A GRATITUDE JOURNAL.

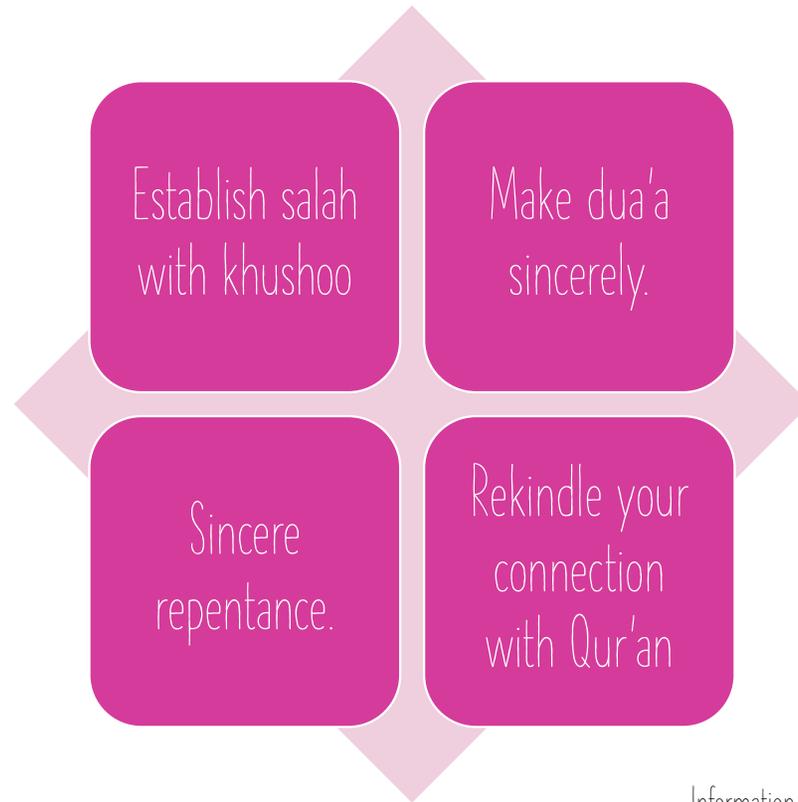


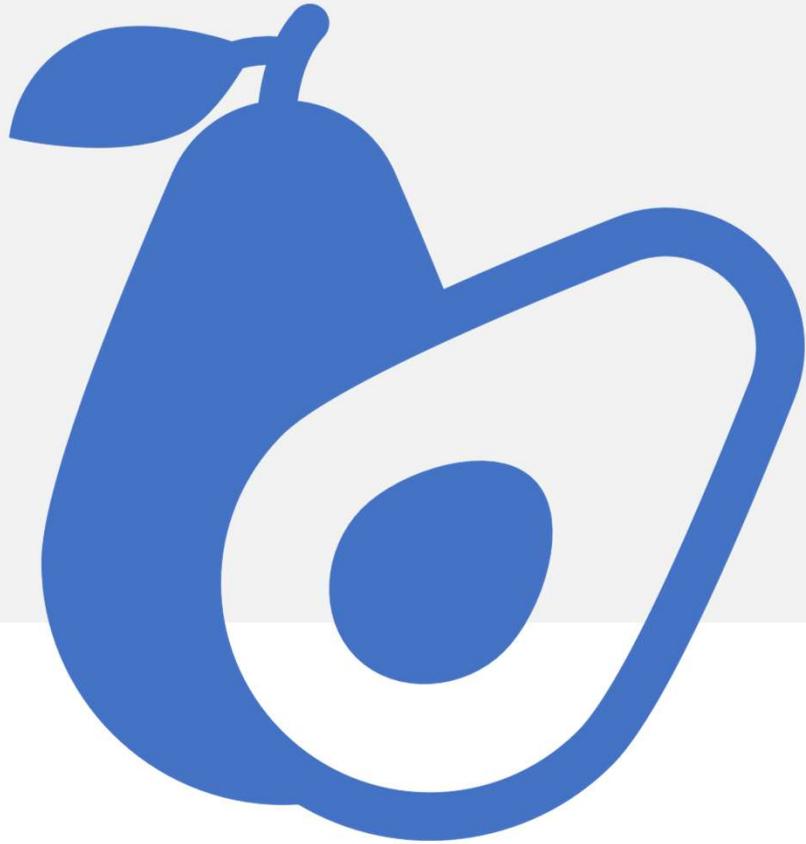
FORGIVE FAMILY MEMBERS.



DON'T BRING UP THE PAST.

POSITIVE SPIRITUALITY

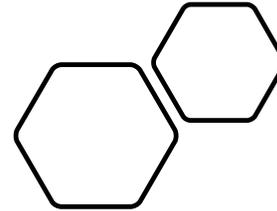




Healthy lifestyle during Ramadan

Optimal Exercise,
Wholesome Nutrition &
Adequate Sleep

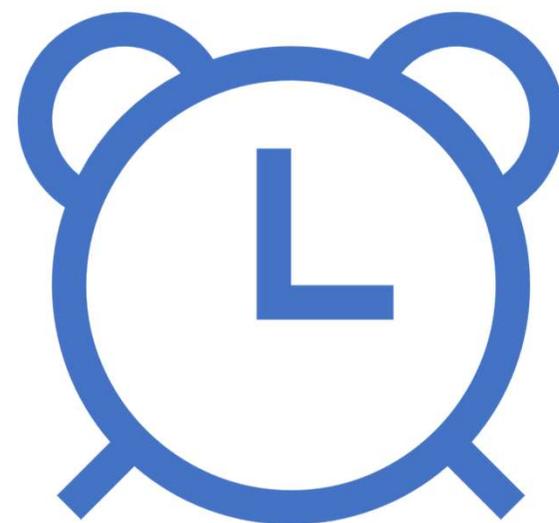
Sleep Hygiene



TO GET THE
BEST QUALITY
OF SLEEP IN
LIMITED TIME

Our sleep pattern changes during Ramadan

- Deprivation of Sleep
- Interruption of Sleep
- Delayed Sleep
- Reduced Total Sleep Time
- Reduced Sleep Period

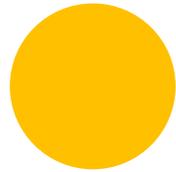
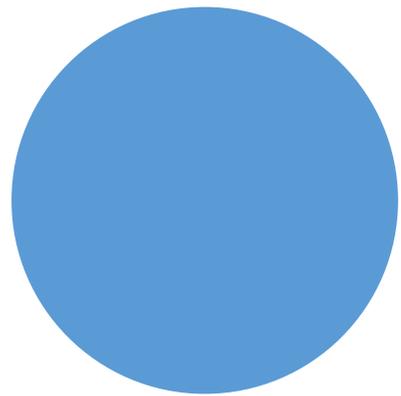




KEY TO QUALITY SLEEP:

Know your sleep cycle

- Each person needs 4 or 5 cycles of sleep as we sleep 7 or 8 hours a night.
- Each cycle lasts for 90 to 120 minutes
- Each cycle consists of 5 stages of sleep



Sleep Science

IF YOU WAKE UP AT THE
END OF A CYCLE YOU
ARE LESS GROGGY,
EASIER TO WAKE UP
AND FEEL BETTER.

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Mastering sleep in Ramadan



Waking up easy is all about timing.



Waking up at the end of your sleep cycle



Waking up during light sleep feels like waking up naturally rested, without an alarm clock.

Sleep Alarm Clock

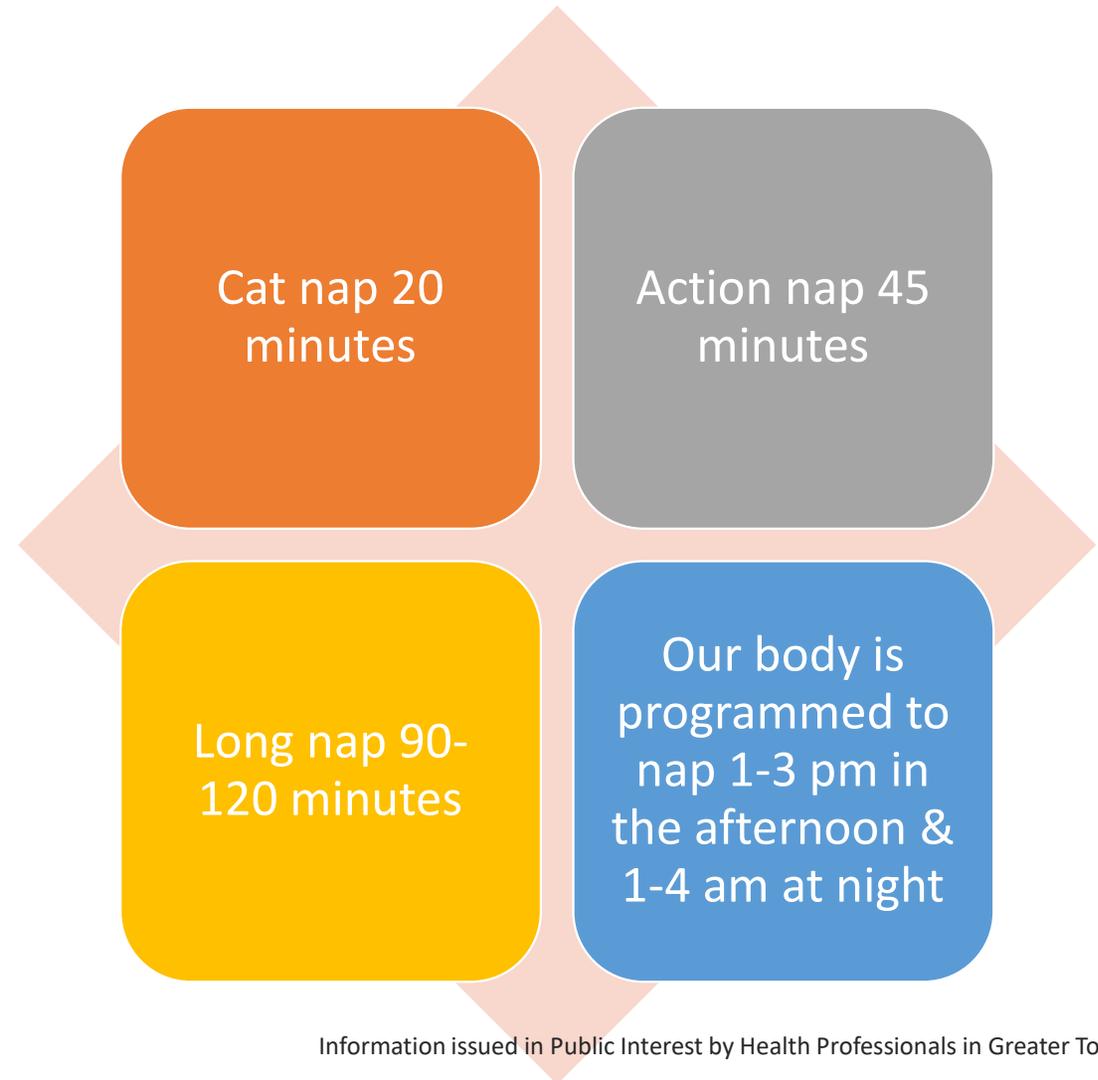


It tracks your sleep pattern
& wakes you up during light
sleep.

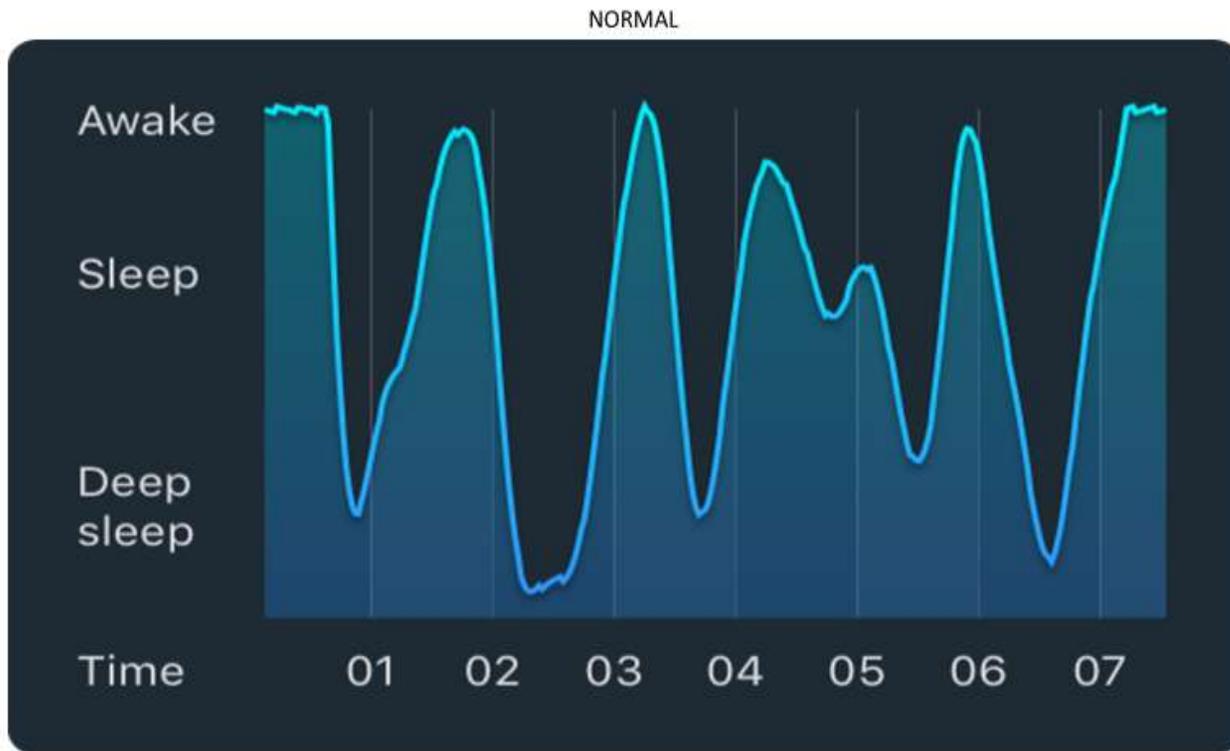


Figure out your sleep cycle
duration at
www.sleepcycle.com

Napping during daytime



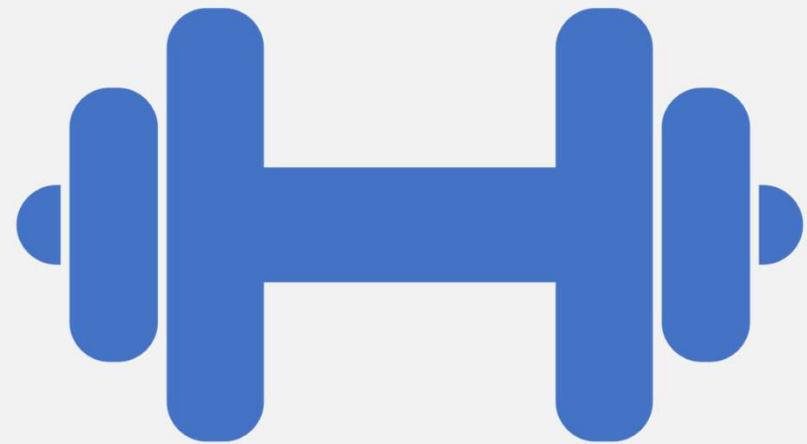
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Better Sleep
Management

**For a
Better
Ramadan**

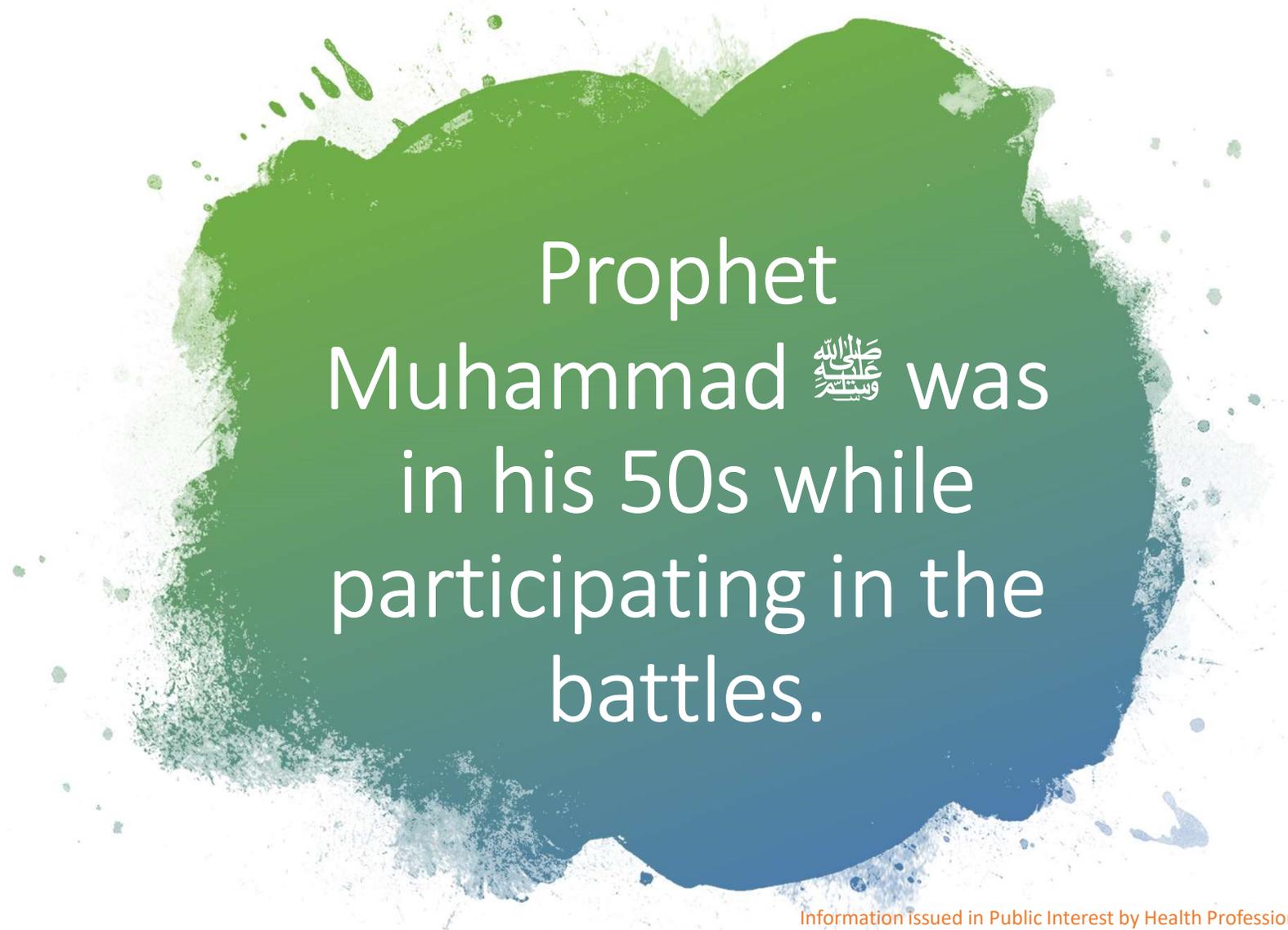
Exercising
during
Ramadan



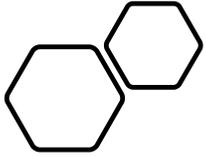


A STRONG BELIEVER

A believer, who is physically & spiritually strong is more beloved in the sight of Allah ﷻ than a weak believer, though there is goodness in both.



Prophet
Muhammad ﷺ was
in his 50s while
participating in the
battles.



PHYSICAL FITNESS SHOULD BE A PART OF RAMADAN

Many of us think sleep & Ibadah is more important than fitness.

If you are physically fit, you can do ibadah more easily.

DO REGULAR, LIGHT & MODERATE EXERCISE



Rigorous exercise is not recommended during Ramadan



Do not start a new exercise program in Ramadan



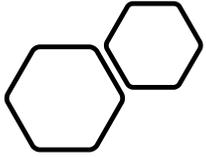
Take it easy for the first 3 days. Let your body adapt to fasting



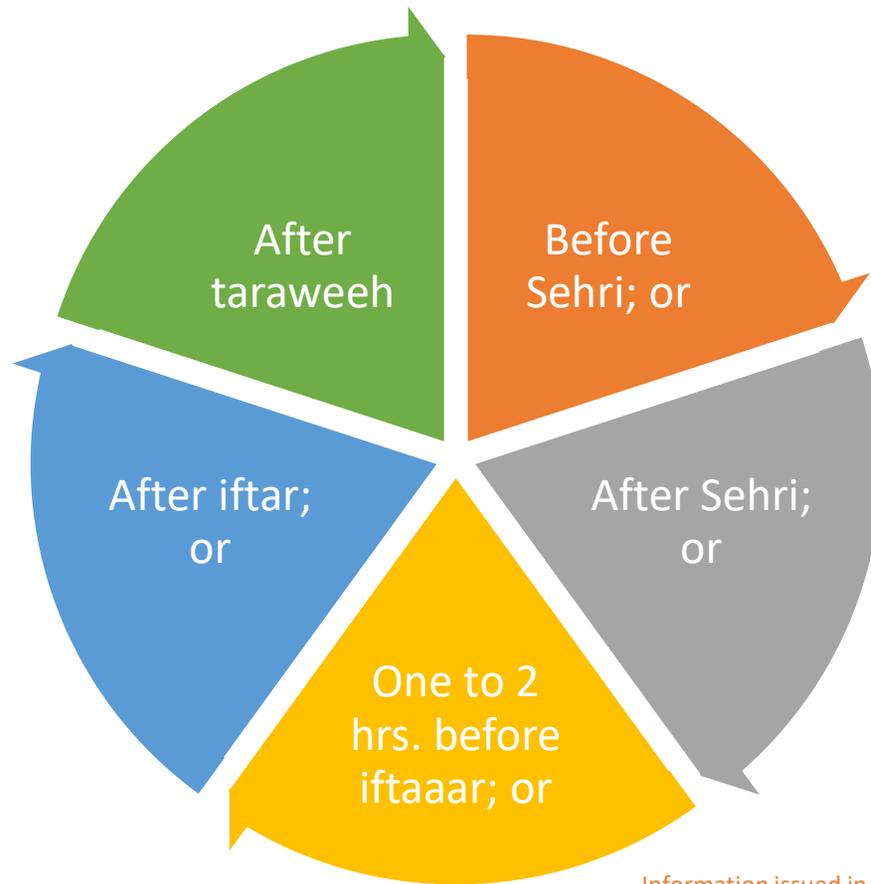
Walking is good.



Strength training is the best choice.



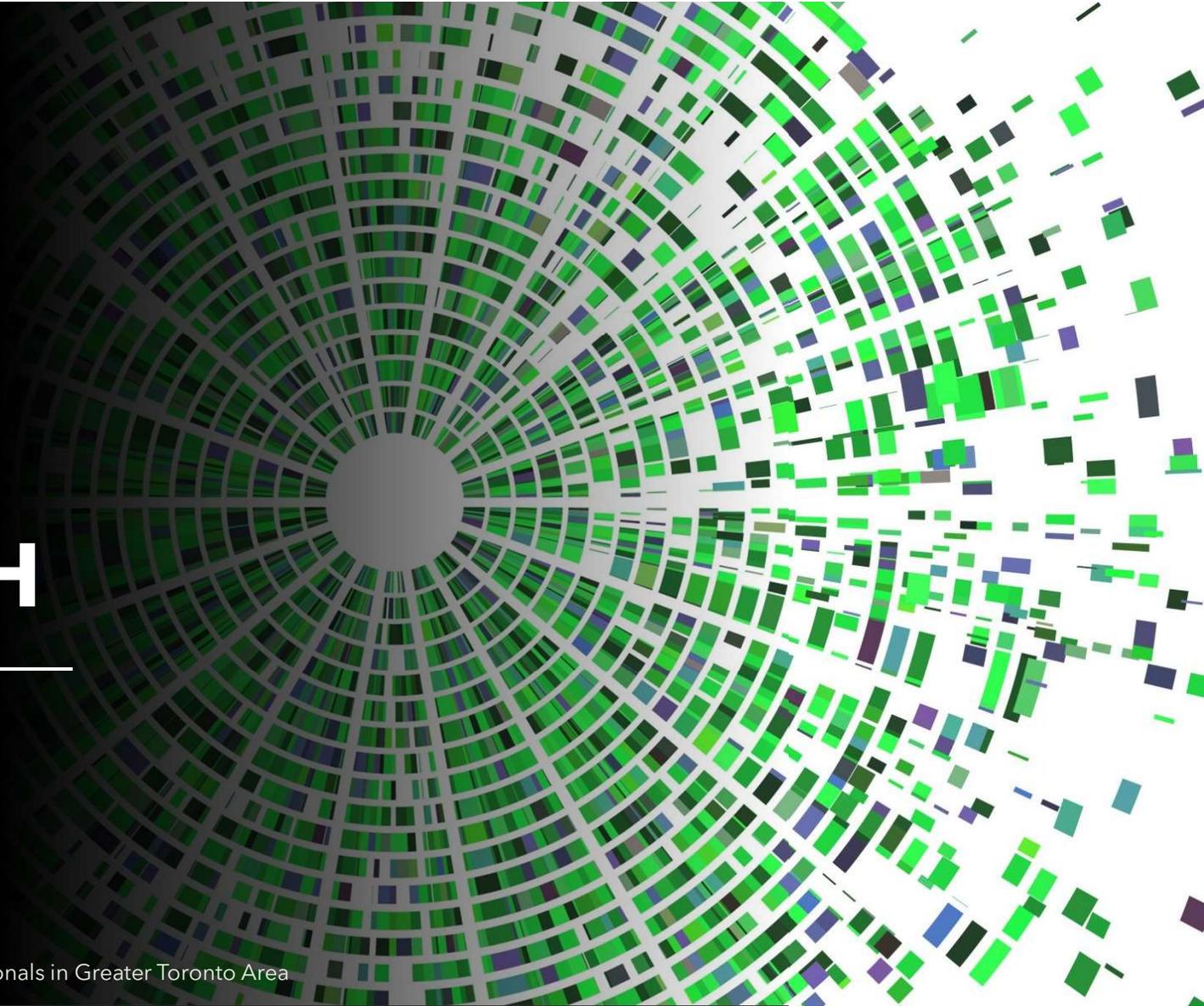
WHEN CAN WE EXERCISE



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FASTING AND YOUR EYE HEALTH



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**Take care of your eyes
as you need them to
read Quran**

Get your eyes examined by your eye doctor

Get a new prescription if needed

Fasting and Eye health



Avoid wearing contact lenses during fasting.



Fortunately fasting does not cause too many problems for the eyes

Most common
eye problem is
dry eye
disease

This is often caused by

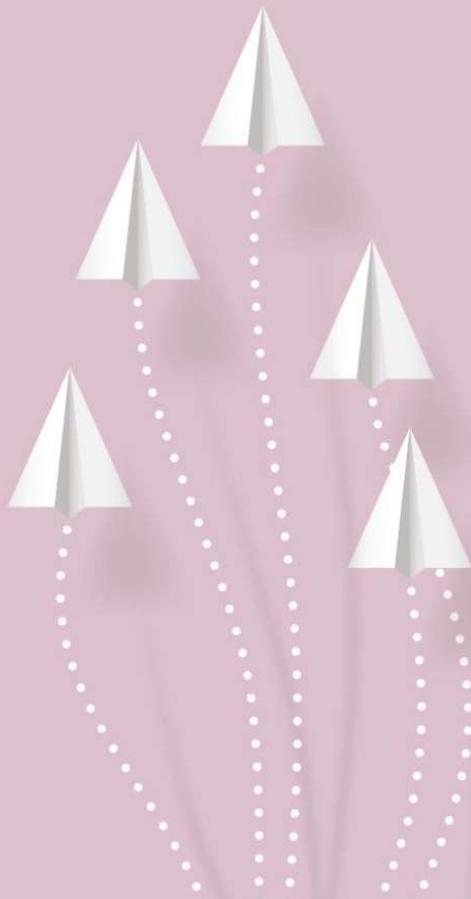
Lack of water

Increased
concentrated
visual tasks
reading Quran

Increased
screen time

Lack of sleep

Artificial tear drops are
recommended



Footcare in Ramadan

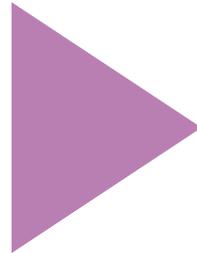
MAKE YOUR IBADAH
COMFORTABLE

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***Take care of
your feet as you
need them
every step of
your life.***

Trimming Your toenails

Trim your toenails straight across and file any sharp edges to reduce the bacteria & dirt under the nails.



Don't cut the nails too short.

Washing & moisturizing your feet

Wash your feet in warm (not hot) water.

Dry your feet carefully, especially between your toes.

Moisturizing skin after wudu helps to prevent skin breaks & heel splits.

Apply a cream/lotion to your heels and soles. Wipe off excess lotion that is not absorbed.

Don't put cream/ lotion between your toes, as excessive moisture can promote infection.



Wear fresh clean socks every day, and well-fitting shoes



Check insides of your shoes before putting them on.



Wear socks during Taraweeh to keep feet warm and prevent any injury to feet.



It also helps to avoid spread of infections such as warts and fungus.

Footwear

Avoiding swelling in feet due to long hours of standing for Taraweeh and Qiyamul lail

- Wiggle your toes and move your ankles few times during the day to increase blood circulation
- Elevate feet during daytime
- Avoid Wearing anything tight around your legs, such as tight socks or knee-highs
- Compression socks or diabetic socks may help

***Do not treat
corn at home***

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RAMADAN

The Annual Spiritual Retreat of a Believer



INTENTION: THE ROOT OF ALL ACTIONS

1

As a Muslim, we dedicate our hearts, our minds, our eyes and our ears to Allah ﷻ.

2

Fast and pray for the sake of Allah ﷻ and don't let your intentions get diluted.

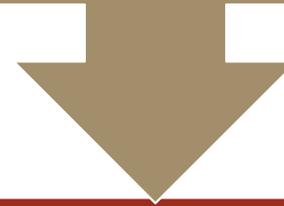
3

Fasting is for Allah ﷻ and its rewards are with Allah ﷻ Himself.





To collect the clean and pure raindrops, a utensil must be cleaned from inside and put straight under the rain.



Ramadan is the rain of Allah's Rahmat. Clean your heart of garbage like jealousy, pride, stinginess, etc., nourish it with dua and istighfaar and make it ready to receive the rehmat of Allah ﷻ.

DEEP CONNECTION BETWEEN RAMADAN & QURAN

- Allah ﷻ introduces the month of Ramadan as the month when Quran was revealed.
- Big leaders of this world don't give access to the high-level papers to general public. But Allah ﷻ the Most-High, the Most Loving, has given us access to His Word.
- If only a few copies of Quran were available in this world, we would have travelled long distances and paid thousands to just see and touch it. Quran is priceless!
- Say to yourself – ***“I am reciting something that is from Allah ﷻ and travelled across seven heavens so that I could listen to and read what He has to say to me.”***



DEEP CONNECTION BETWEEN RAMADAN & QURAN

- Sunnah of our Prophet ﷺ to review the Quran every Ramadan with Gibreel AS.
- We relive the coming down of Quran every Ramadan.
- Over time our connection with the Quran might weaken. Ramadan is a time to renew and empower this connection.
- Listen, recite, understand, and ponder over the Quran as much as possible.
- Through the Quran, develop a deeper love and connection with Allah ﷻ.



PURPOSE OF FASTING: TAQWA OF ALLAH ﷻ

- In Arabic language, love has many levels. Taqwa is an emotion right in the middle of - love and fear.
- Taqwa means remembering that God is watching us and our actions. Allah ﷻ wants His presence to be recognized and fasting helps us in that.
- Taqwa means fearing consequences of our actions.
- Taqwa includes stopping ourselves from anything that might displease Allah ﷻ and rushing towards anything that would please Allah ﷻ.
- Ask Allah ﷻ for Taqwa this Ramadan.



FULFILL YOUR OBLIGATIONS

Allah ﷻ did not ask us for monasticism. “Rehbaaniyat” or monasticism means leaving everything for the sake of God.

Whichever phase of life Allah ﷻ has put us in, has its own obligations. Our bodies & our relationships have a right over us.

Ramadan inspires us to fulfill our obligations in a beautiful way (with “Ahsan”) – i.e. going that extra mile.

We need to focus on ourselves and our own obligations, and do not judge others.



RAMADAN IS NOURISHMENT OF OUR SOUL

- Allah ﷻ sent us with body and soul, and both have needs.
- Our body came from earth and will go back to earth. All its requirements are also met from the earth, like food, clothing, shelter.
- Our soul has come from heavens. It is from Allah ﷻ and will go back to Him. Ramadan is a requirement of our soul, which might have starved through the year.
- Our soul is nourished by discipline, service, giving and Taqwa.
- Ramadan treats us with so much soul food that it keeps on nourishing us for the rest of the year.



SPIRITUAL ASPECTS OF RAMADAN

Celebration

Establishing our spiritual capital as Mecca and our constitution as the Quran, Ramadan reminds us to celebrate our identity as a Muslim.

Worship

We spend around an hour of our day in a state of worship with our 5 salah. In Ramadan, our state of worship extends to a continuous 15-18 hours.

Training

Any serious profession requires training. For example, doctors, lawyers, teachers. Islam wants us to be the best ummah and Ramadan is our spiritual training.



SPIRITUAL GAINS FROM RAMADAN

SABR: Ramadan helps us develop sabr and get closer to Jannah. In Jannah, there will be no circumstances that require any sabr.

SHUKR: Quran begins with Alhamdulillah - Praise and thanks to God for everything. Allah ﷻ has created us and our unique circumstances. Stop complaining and making excuses and stay grateful for His unlimited blessings.

BIGGER VISION: Make dua for yourself, and the ummah and the whole humanity.

HASANAT: Ramadan is a BIG ANNUAL SALE of collecting hasanat (rewards) – Do one intentional good deed and get 700 or more rewards FREE. Let us make the most of this time and be a blessing for those around us.

