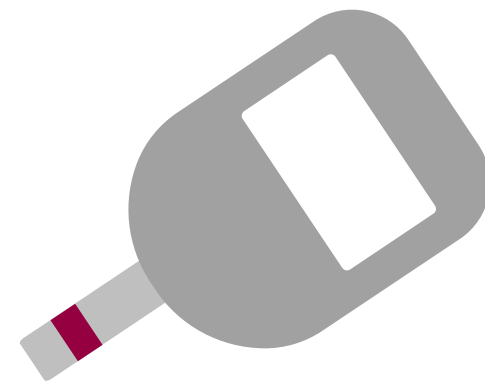


What should people with diabetes keep in mind when fasting?



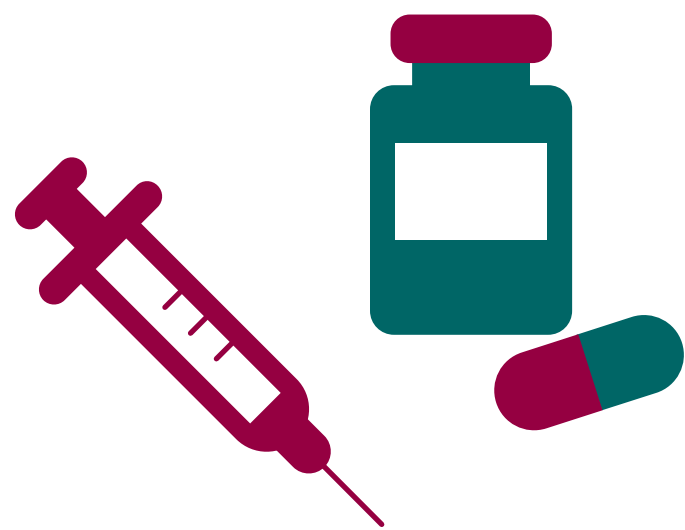
Light to moderate
exercise daily



Regular blood
sugar control

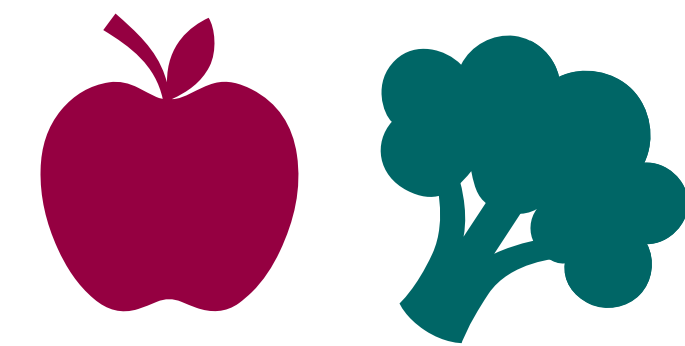


Discuss and assess
your **individual risk**
together with your
attending physician



Adjustment of **medication**, if necessary, in
consultation with the attending physician:

- Dose
- Time of intake
- Type of medication



Nutrition:

- Prefer healthy food
- Avoid excessive food intake
after the end of Ramadan