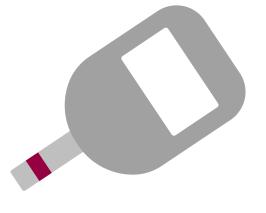
What should people with diabetes keep in mind when fasting?



Light to moderate exercise daily



Regular **blood sugar** control



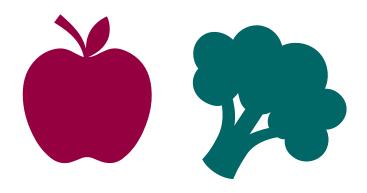
Adjustment of medication, if necessary, in consultation with the attending physician:

- Dose
- Time of intake
- Type of medication

© diabinfo Source: International Diabetes Federation et al.: Diabetes and Ramadan: Practical Guidelines. 2016, Brüssel



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



Nutrition:

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