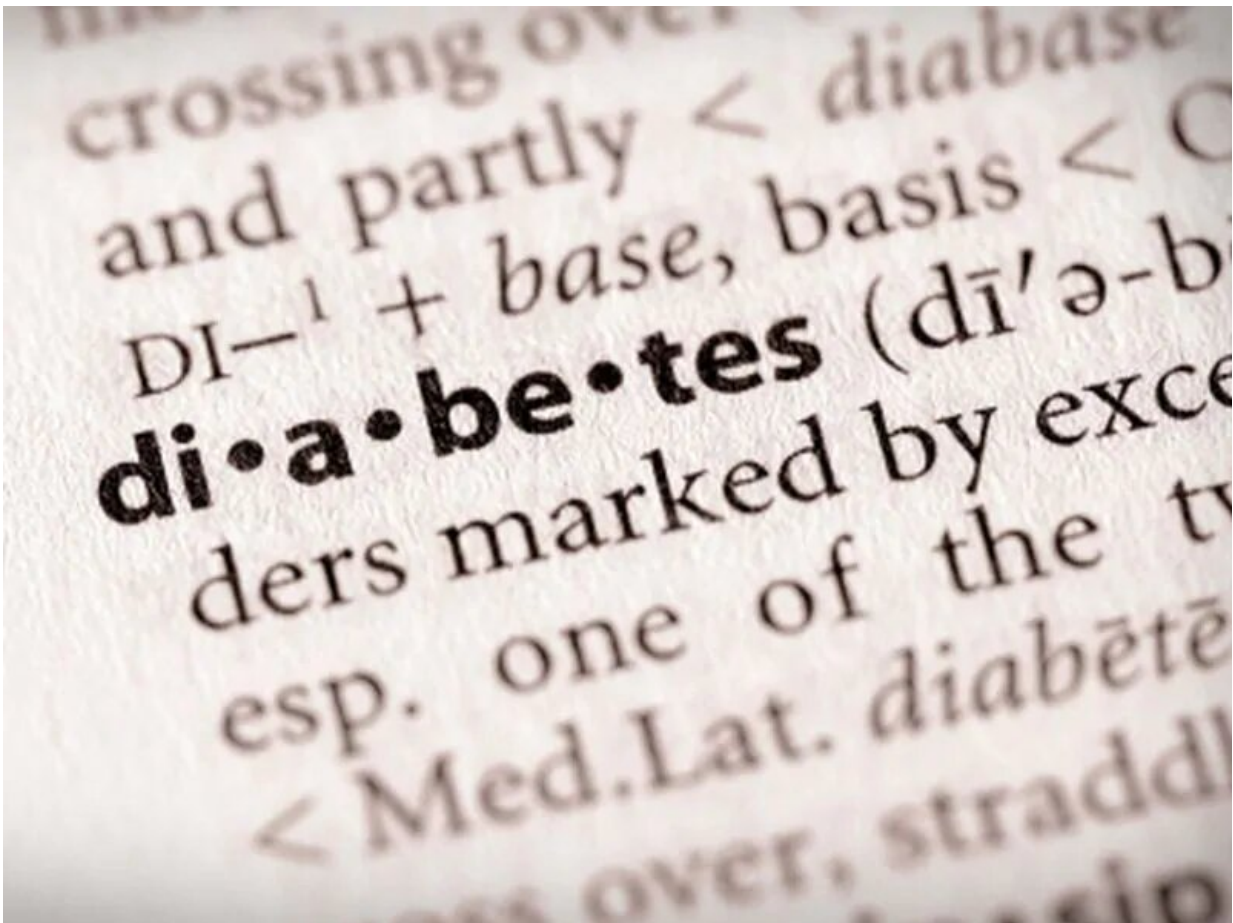


Tool aids safe fasting for T2DM patients observing Ramadan

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(HealthDay)—Use of the Fasting Algorithm for Singaporeans with Type

2 Diabetes (FAST) facilitates safe intermittent fasting for patients with diabetes during Ramadan, according to a study published in the March/April issue of the *Annals of Family Medicine*.

Zheng Kang Lum, from the National University of Singapore, and colleagues randomly assigned 97 participants to either FAST (46) or usual care without FAST (51). Participants had a baseline glycated hemoglobin (HbA1c) level ≤ 9.5 percent and intention to fast for ≥ 10 days during Ramadan.

The researchers found that HbA1c improvement during Ramadan was greater in the intervention group (-0.4 percent) versus the [control group](#) (-0.1 percent). In the intervention group, the mean fasting blood glucose level decreased (-3.6 mg/dL), while it increased ($+20.9$ mg/dL) in the control group. Additionally, mean postprandial glucose level showed greater improvement in the intervention group versus the control group (-16.4 mg/dL versus -2.3 mg/dL). Based on self-monitored blood glucose readings, there were more minor hypoglycemic events in the control group versus the [intervention group](#) (six versus four). The groups were similar with respect to glycemic variability and diabetes distress.

"Our findings emphasize the importance of efficacious, safe, and culturally tailored epistemic tools for [diabetes](#) management," the authors write.

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