

عنوان مقاله:

Risk Stratification for Fasting in Diabetic Patients Based on the IDF-DAR Guideline

محل انتشار:

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خلاصه مقاله:

Introduction: Fasting during Ramadan is a religious obligation and may pose a risk to diabetic patients. This study aimed to stratify diabetic patients based on the International Diabetes Federation- Diabetes and Ramadan International Alliance (IDF- DAR) guideline for the risk of fasting before Ramadan. Methods: A total of ۳۱۷ diabetic patients attending the endocrinology clinic at Ghaem Hospital, Mashhad, Iran, participated in this cross-sectional study. The American Diabetic Association (ADA) criteria were applied to diagnose diabetes. Various parameters, including diabetes type and duration, complications, and risk factors were recorded to determine IDF-DAR-based risk. Then patients were stratified into high (IDF-DAR>۶), medium (IDF-DAR: ۳.۵-۶) and low (IDF-DAR: ۰-۳) risk groups accordingly. Results: Out of the ۳۱۷ patients included in the study, ۱۱۵ (۳۶.۳%) patients were categorized as low risk, ۱۲۷ (۴۰%) as moderate-risk, and ۷۵ (۲۳.۷%) as high-risk groups. Conclusions: According to the IDF-DAR guideline, majority of the patients fell into the low and moderate risk categories, suggesting that they should not be entirely exempted from fasting during the holy month of Ramadan. However, the validity of this patient stratification in various .fasting populations needs to be evaluated through prospective longitudinal studies

کلمات کلیدی:

Diabetes, fasting, Ramadan

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