

## The more data is generating the more Muslims with diabetes are allowed to fast during Ramadan

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Every Muslim has a keen interest in observing Sawm (fasting) during Ramadan each year. However, this obligation is often complicated for people with diabetes mellitus (DM). Since the first formal consensus meeting in Morocco in 1995, evidence-based guidelines have been periodically published for people with DM. Several international bodies, particularly the American Diabetes Association (ADA), the International Diabetes Federation (IDF), and the Diabetes in Ramadan (DAR) Alliance, have issued recommendations to categorize individuals' fasting risk to assist physicians in decision-making. The IDF-DAR guidelines introduced the risk calculator in their 2021 edition, which has since been explored worldwide.<sup>1</sup>

In this issue of JACED, Fariduddin et al. (2026) reported risk categories among more than 2,300 people with type 2 DM enrolled at 14 tertiary centers across Bangladesh. In addition to its large sample size, it showed that despite a high risk, most participants did not develop complications requiring a break in fasting. Moreover, they demonstrated a higher prevalence of hypoglycemia in males than in females.<sup>2</sup> This type of data, generated from other Muslim-majority countries, may have a significant impact on current recommendations. The recent 2026 guidelines have already refined hypoglycemia thresholds and reweighted patient vulnerability factors.<sup>3</sup> However, most of the evidence supporting the guideline changes was generated in the Middle East and North Africa.

In accordance with the 2021 Guidelines, two articles from Bangladesh were published. These studies classified patients into risk categories, and one reported lower complication rates.<sup>4,5</sup> The findings also suggested an overestimation of complication risk, consistent with the current study.<sup>2</sup> Input from Bangladesh is important not only because it is one of the most populous Muslim-majority countries but also because of the diversity of Bangladeshi

lifestyles, including food, exercise, and sleep patterns.<sup>6</sup> Another unfortunate is that there is no mobile or web-based Ramadan Nutrition Plan (RNP) available on the IDF-DAR website. We need more research and action regarding this issue.

Association of Clinical Endocrinologist and Diabetologist of Bangladesh (ACEDB) organizes numerous activities before and during Ramadan each year. In addition to providing training, education, and awareness-raising for patients and physicians to ensure a safe Ramadan, ACEDB members should conduct more frequent research of this kind.

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