



Sanofi & BIDE Share Diabetes Management Strategies to Support a Safer and Healthier Ramadan

Karachi, Pakistan – April 13, 2017 - [Sanofi](#) collaborated with the Baqai Institute of Diabetes & Endocrinology (BIDE) to share much-needed guidance on the management of diabetes during the holy month of Ramadan. The guidance is based on the 'New Guidelines on Diabetes Management during Ramadan' launched in Dubai in April 2016 by the Diabetes & Ramadan International Alliance (DAR). These guidelines were the result of the combined expertise and efforts of international experts from multiple countries and supported by an unrestricted educational grant from Sanofi.

Diabetes is increasing at an alarming rate in Pakistan. According to the International Diabetes Federation (IDF) Diabetes Atlas (7th edition) there are currently (approx.) 7 million diabetic patients in Pakistan; by 2040 Pakistan is projected to have 14.4 million diabetics and will rank 8th in the world.

Ramadan is one of the holiest periods in the Muslim calendar but fasting could adversely affect the health of a person who is unwell or suffers from a chronic condition such as diabetes. Islam exempts sick patients from fasting but a significant number of Muslim patients would like to fast. With so many Muslims with diabetes wanting to fast, there was a dire need for internationally recognized guidelines for doctors to follow while advising their patients. Greater awareness on this topic in a holistic way will improve the lives of patients and make Ramadan a safer experience for people with diabetes.

"Millions of Muslims with diabetes are eager to fast during Ramadan worldwide. The purpose of Ramadan Study Group (Pakistan) and Diabetes and Ramadan International Alliance is to ensure safe fasting for these millions of diabetics. They ideally must consult the doctor prior to the onset of Ramadan and it is the treating physician who would assess the ability of their patients to fast and advise accordingly" said Prof. Abdul Basit (Author of "Guidelines on Diabetes Management during Ramadan", Chair-Elect, IDF MENA region / Chairman, Pakistan working group on 'Diabetic Foot'). He also emphasized that following a highly individualized management plan and close follow-up is essential to avoid development of complications.

Patients do not always fully understand the implications of diabetes and the impact that fasting could have on their health as they do not seek timely medical advice. There is a need for patients to be aware of the risks, e.g. people often over-indulge in unhealthy food items (deep fried foods, carbohydrates, fatty foods and sugary drinks), or abandon portion control, consuming large quantities at Iftar. These behaviors can raise the risk of loss of blood glucose control, leading to complications.

Prof. Muhammad Yakoob Ahmedani, co-author of the 'Guidelines on Diabetes Management during Ramadan' urged the media to educate the general public and encourage them to approach their doctors. *"Patients should specifically ask their doctors about medication dosage and timing alteration, diet and fluid intake, physical activity, self-monitoring of blood glucose, and symptoms of low / high blood glucose that may necessitate breaking the fast in order to prevent damage or danger to the patients' well-being"*.



External Affairs Director of Sanofi Pakistan, Laila Khan, said “At Sanofi, we are committed to supporting initiatives that answer the needs of the community and place the patient at the heart of the activity. We strive to improve the lives of people with diabetes by helping them to manage their condition well and live a full, healthy and fulfilled life. As Ramadan is only a few days away, it is imperative that any person with diabetes wanting to fast should visit their healthcare provider for a pre-Ramadan consultation”.

The guidelines and material are available online on the IDF and DAR websites.

About Diabetes & Ramadan International Alliance (DAR)

Diabetes and Ramadan International Alliance (DAR) was formed in January 2013, with the goal to raise awareness on managing diabetes during Ramadan. They work in collaboration with organizations such as International Diabetes Federation, Gulf Group for the Study of Diabetes, European Association Study for Diabetes and Diabetes Education Study Group. DAR International Alliance organizes annual conferences as well as multi-disciplinary trainings, innovative actions, and studies to educate people on better understanding of how best to manage diabetes, and make it a safe and enjoyable month for those who observe the Ramadan fast.

About Sanofi

Sanofi, a global healthcare leader, discovers, develops and distributes therapeutic solutions focused on patients' needs. Sanofi is organized into five global business units: Diabetes and Cardiovascular, General Medicines and Emerging Markets, Sanofi Genzyme, Sanofi Pasteur and Merial. Sanofi is listed in Paris (EURONEXT: [SAN](#)) and in New York (NYSE: [SNY](#)).

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