

# HEALTH TIPS

## Ramadan and diabetes

### Fasting for Ramadan

The Qur'an requires Muslims to fast during the month of Ramadan from sunrise to sunset. However, there are exceptions to this. One of them is that people who are ill or have medical conditions do not have to fast. This includes people with diabetes. To find out more about this, you can speak to your Imam.

For the next few years, Ramadan in the India is in the summer months and the length of fasts are long (15 hours or more). As well as hot and humid weather. Long fasts put you at higher risk of hypoglycaemia and dehydration, which can make you ill.

Ultimately, it is a personal choice whether or not to fast. However, if you do choose to fast, then you must consult your doctor or health care team before Ramadan, to make sure that you are able to look after yourself properly. Failing to do so is in itself contrary to the Qur'an, which clearly states that you must not act in a way that harms your body.

This information will help you reduce the risks of becoming ill during Ramadan if you decide to fast, as well as highlighting the dangers of fasting for people with diabetes.

### **If you decide to fast:-**

If, after consulting with your doctor, you decide to fast:

If you are taking insulin, you will require less insulin before the start of the fast.

The type of insulin may also need changing from your usual type.

Premixed insulin is not recommended during fasting.

Before starting the fast, you should include more slowly absorbed food (low GI), such as basmati rice and dhal, in your meal, along with fruit and vegetables.

Check your blood glucose levels more often than you normally would.

When you break the fast, have only small quantities food, and avoid only eating sweet or fatty foods.

Try to eat just before sunrise, when you commence the next day's fast.

At the end of fasting you should drink plenty of sugar-free and decaffeinated fluids to avoid being dehydrated.

### **Risks of fasting:-**

If you have complications associated with diabetes, such as poor vision or heart or kidney disease, the risk of aggravating these is very high and you should seriously consider not fasting.

For people with diabetes taking certain tablets and/or insulin, fasting carries the risk of hypoglycaemia. If you feel that you are having a hypo, you must break your fast and take some sugary fluids followed by starchy food, as otherwise you will harm your body and may need medical attention

You may develop high blood glucose levels during a fast if you do not take prescribed medication or if you are less physically active than normal, which could lead to diabetic ketoacidosis (DKA) – a serious condition requiring hospital treatment.

## **Relation between Food and Heart Attack**

Can Late Dinner and No Breakfast cause a Re-Heart attack?

Bad mealtime habits has become common when there is a hectic lifestyle. But eating late and skipping breakfast could have worst implications on our Health.

According to recent study, having dinner near to bedtime and not eating breakfast or skipping it could lead to worse outcomes after having a heart attack.

\* The findings, published in the European Journal of Preventive Cardiology, proved that patients who had a heart attack had a four to five times higher likelihood of death, with another heart attack, or angina if follows this eating pattern.

\* The study evaluated unhealthy behaviours in patients with acute coronary syndromes.

\* Out of them 58% of the participants recorded skipping breakfast and 51% admitted to late-night dinners.

The study only featured patients with a particularly serious form of heart attack called ST-segment elevation myocardial infarction (STEMI).

The study asked 113 patients about their eating habits. Researchers defined skipping breakfast as eating nothing before lunch at least three times per week. Late-night dinner eating was defined as a meal within two hours before bedtime at least three times per week. Working long hours may make you more likely to eat dinner later.

The research shows that the two eating behaviours are independently linked with poorer outcomes after a heart attack, but having a cluster of bad habits only make things worse.

Individuals who work late may be particularly susceptible to having a late supper and then not being hungry in the morning.

## **Dengue and its Preventive Measure**

Which Virus Can Cause Dengue, And What Are The Preventive Measures?

Dengue fever is a mosquito-borne tropical disease caused by the dengue virus, which results in the severe flu-like condition. Dengue is spread by several species of female mosquitoes of the Aedes type, principally by aegypti and rarely by the Aedes albopictus mosquito.

Dengue virus belongs to the family Flaviviridae and is caused by a single-stranded RNA Flavivirus and is comprised of four different types of etiological agents, which include:

- Dengue Virus 1 (DEN-1),
- Dengue Virus 2 (DEN-2),
- Dengue Virus 3 (DEN-3)
- Dengue Virus 4 (DEN-4).

### **OTHER NAMES**

- Dengue Hemorrhagic Fever ((DHF)
- Breakbone Fever
- Dandy Fever
- O'nyong-nyong Fever

- Dengue shock syndrome (DSS)
- Dengue-like Disease

## **SYMPTOMS**

Symptoms vary based on the severity of the disease:

### **Mild dengue fever**

- Pain behind the eyes
- High fever
- Headache
- Nausea or vomiting
- Muscle and joint ache
- Rashes on body

### **Dengue hemorrhagic fever**

- Bleeding from nose or gums
- Abdominal pain
- Vomiting
- Blood in urine or stool
- Cold/Clammy skin
- Blood spots under the skin

### **Dengue shock syndrome**

- Severe bleeding
- A sudden drop in blood pressure
- Confusions

## **DIAGNOSIS**

There are many lab tests used to diagnose the Dengue Virus.

Blood tests commonly used to diagnose dengue include complete blood counts, serology studies, and antibody titers.

## **TREATMENT**

No specific treatment or vaccine is available for preventing dengue.

Painkillers with acetaminophen should be used for pain, and analgesics with aspirin should be avoided. Other recommendations include drinking lot of fluids, rest, and isolation in a mosquito-free environment to prevent the spread of the disease.

However, severe forms of the disease are treated with fluid replacement, oxygen therapy, and blood transfusions.

Recovery time is usually one to two weeks and longer for more severe cases. Patients gain immunity against the particular serotype after recovery from the infection.

## **CONTROL/PREVENTION**

- Mosquito control by eliminating breeding sites and personal protection
- Traveling during periods of minimal mosquito activity
- Use mosquito repellants containing DEET or NNDB on skin and clothing

- Complete clothing to avoid skin exposure
- Use mosquito repellents, traps, and nets
- Avoid being out at dawn, and early in the evening
- Netting of doors and windows
- Examine and remove stagnant water from the surroundings to avoid mosquito breeding.

### **Diabetes Foot Care**

#### Diabetes Foot care

If you have diabetes, nerve damage, circulation problems, and infections can lead to serious foot problems. However, you can take precautions to maintain healthy feet.

Symptoms of Diabetic Foot problems:

1)Persistent pain can be a symptom of sprain, strain, bruise, overuse, improperly fitting shoes, or underlying infection.

2)Redness can be a sign of infection, especially when surrounding a wound, or of abnormal rubbing of shoes or socks.

3)Swelling of the feet or legs can be a sign of underlying inflammation or infection, improperly fitting shoes, or poor venous circulation. Other signs of poor circulation include the following:

- a)Pain in the legs or buttocks that increases with walking but improves with rest (claudication)
- b)Hair no longer growing on the lower legs and feet
- c)Hard shiny skin on the legs

4)Localized warmth can be a sign of infection or inflammation, perhaps from wounds that won't heal or that heal slowly.

5)Any break in the skin is serious and can result from abnormal wear and tear, injury, or infection. Calluses and corns may be a sign of chronic trauma to the foot. Toenail fungus, athlete's foot, and ingrown toenails may lead to more serious bacterial infections.

6)Drainage of pus from a wound is usually a sign of infection. Persistent bloody drainage is also a sign of a potentially serious foot problem.

7)A limp or difficulty walking can be sign of joint problems, serious infection, or improperly fitting shoes.

8)Fever or chills in association with a wound on the foot can be a sign of a limb-threatening or life-threatening infection. Red streaking away from a wound or redness spreading out from a wound is a sign of a progressively worsening infection.

9)New or lasting numbness in the feet or legs can be a sign of nerve damage from diabetes, which increases a persons risk for leg and foot problems.

Diabetes Foot care at home:

A person with diabetes should do the following:

1)Foot examination: Examine your feet daily and also after any trauma, no matter how minor, to your feet. Report any abnormalities to your physician. Use a water-based moisturiser every day (but not between your toes) to prevent dry skin and cracking. Wear

cotton or wool socks. Avoid elastic socks and hosiery because they may impair circulation.

2) Eliminate obstacles: Move or remove any items you are likely to trip over or bump your feet on. Keep clutter on the floor picked up. Light the pathways used at night - indoors and outdoors.

3) Toenail trimming: Always cut your nails with a safety clipper, never a scissors. Cut them straight across and leave plenty of room out from the nailbed or quick. If you have difficulty with your vision or using your hands, let your doctor do it for you or train a family member how to do it safely.

4) Footwear: Wear sturdy, comfortable shoes whenever feasible to protect your feet. To be sure your shoes fit properly, see a podiatrist (foot doctor) for fitting recommendations or shop at shoe stores specializing in fitting people with diabetes. Your endocrinologist (diabetes specialist) can provide you with a referral to a podiatrist or orthopedist who may also be an excellent resource for finding local shoe stores. If you have flat feet, bunions, or hammertoes, you may need prescription shoes or shoe inserts.

5) Exercise: Regular exercise will improve bone and joint health in your feet and legs, improve circulation to your legs, and will also help to stabilise your blood sugar levels. Consult your physician prior to beginning any exercise program.

6) Smoking: If you smoke any form of tobacco, quitting can be one of the best things you can do to prevent problems with your feet. Smoking accelerates damage to blood vessels, especially small blood vessels leading to poor circulation, which is a major risk factor for foot infections and ultimately amputations.

7) Diabetes control: Following a reasonable diet, taking your medications, checking your blood sugar regularly, exercising regularly, and maintaining good communication with your physician are essential in keeping your diabetes under control. Consistent long-term blood sugar control to near normal levels can greatly lower the risk of damage to your nerves, kidneys, eyes, and blood vessels.

### **Tips to remain healthy in the Rainy season**

Tips to remain healthy in this Rainy season:

The monsoon season in India is a refreshing time, as rain brings welcome respite from the grueling heat. However, staying healthy requires particular care to be taken.

The rain and water lying around makes it easy for mosquitoes to breed and increases the risk of mosquito transmitted infections, such as malaria and dengue fever. Viral infections are also common. In addition, the high humidity can contribute to numerous skin diseases and fungal infections.

Chronic skin conditions such as eczema, acne and psoriasis tend to worsen during the monsoon season. The climate is also ideal for fungus to thrive.

Tips for staying healthy during the Monsoon:

- If you're fond of street food, the rainy season isn't the time to indulge. Pollution of water and raw vegetables is very common during the monsoon. You can easily fall ill from contaminants.

- Apply a strong insect repellent to keep mosquitoes away and prevent getting bitten. It's also a good idea to take anti-malarial drugs during this time of year, as malaria is at its most prevalent.

- Where possible, try to avoid walking through dirty water. Besides leptospirosis, it can

lead to numerous fungal infections of the feet and nails.

- Also avoid walking where water is lying on the road, as traffic will drive by and spray it all over you.

- Dry your feet whenever they get wet. Don't continue to wear wet socks or wet shoes!

- If you get drenched in the rain, add three caps of disinfectant Betadine to a bath to avoid skin problems.

Keep your skin clean by bathing twice a day. The humidity can cause a buildup of sweat and dirt, along with other toxins, on the surface of the skin.

- Avoid colds and coughs by keeping your body warm and dry.

- Don't enter air conditioned rooms with wet hair and damp clothes.

- Avoid wearing tight clothing or clothing made out of synthetic fabric. Stick to pure cotton or linen.

- Use anti-fungal talc to prevent accumulation of sweat and moisture in skin folds. If prone to fungal infections, use a medicated powder such as Mycoderm.

- If you suffer from asthma or diabetes, avoid staying anywhere with damp walls. It promotes the growth of fungus and can be especially harmful.

- Drink lots of warming herbal teas, especially those with antibacterial properties.

- Take Vitamin C to boost your immune system and help fight off infections.

- Children's skin is particularly vulnerable during the monsoon season. Impetigo is a contagious skin infection that causes red sores that can break open, ooze fluid, and develop a crust. The sores usually appear around the mouth and nose. Scabies, from mites, is also common during the monsoon and produces itchy skin. It's important to visit a dermatologist to get these conditions treated before they spread.

### **How to tackle scorching summer in the Holy month of Ramadan**

How to tackle scorching summer in the Holy month of Ramadan?

If you're wondering how you're going to stay cool through a sizzling peak summer, avert your eyes from the sun, and cast them over this guide to chilling out in Ramadan 2019 and keeping it a nice-ice Ramadan! The media and weather experts have billed this Ramadan the hottest in 33 years, which has got people sweating with apprehension at the thought of fasting lengthy summer days in India. But that won't put off the region's steadfast Muslims from embracing their holy month.

The tips to making it a more 'chill' Ramadan include turning preconceptions on their head and offering up strategies to lessen the discomfort that comes from the longer fast on those summer days. If you think water is the answer (after break of fast) think again. But there are ways to exploit water that might not have occurred to you, short of consuming the coveted stuff of desert mirages.

Tips for staying cool and focused this hot hot Ramadan:

a) Water alert : Not a solution for the fasting hours, but there are ways to exploit the aqua-elixir. Don't drink too much at suhur (pre-fast) since the kidneys expel excess liquid, leaving you high & dry peak-fast. Avoid the temptation to drink ice-water to break-fast as blood vessels constrict, slowing down vital flow to aid digestion.

b) Healthy-herbal thirst-quenchers: Refreshing drinks are a good start to surviving this scorching holy month, & fortunately Ramadan comes complete with the goods.

It's not hard to see why a fruit that incorporates 'water' into its name would also be a sensible option for those Ramadan summer evenings. Watermelons are rich in water and together with other summer seasonal fruits like fluid-filled grapes and plums should be indulged in to keep dehydration at bay.

c) Quit smoking: A sizzling or smoking hot Ramadan is a good occasion to quit smoking since smoking habits induce thirst and a dry throat. Ramadan is an added struggle for smokers who must refrain from smoking as part of the fast.

d) Reduces salt and Spices :

Thirsty Ramadan? Keep it lower on the spice 'n' salt. You might want to take the edge of your iftars and suhur's by cutting down on salt & spice. Where's the fun in that? Well, avoiding excess salt & spicy foods means a less urgent thirst during the fast. It's the spices & salt that are main culprits for an increase in the body's need for water.

e) Avoid Coffee & Tea : Coffee & tea with their diuretic property make you lose more water through urination. Taking tea & coffee with food can decrease the amount of iron that you absorb; so not a wise choice when you need to fight the sun & hunger combo.

f) Undrunk Water: Water water everywhere and not a drop to spare...Refresh your fast with the cooling effect of (undrunk) water. Fill basins, dip your feet. Soak towels or bandannas, cover shoulders or head. Bathe, shower, or spray cold water from a spritz bottle during your fast.

g) Fresh Vegetables: Keep it fresh with lots of salads and moisture-lush greens. Raw and uncooked veg will keep you cool. There's a reason Ramadan -- whatever the season - is always abundant in salads. These use raw vegetables rich in water.

h) Stay in the soup! Up your intake of soups, but avoid sweets as the sugar (like salt) makes you thirsty. While it's an easy season to come by soups -- Ramadan tradition has soup on the Iftar menu - sweets are easy to fall foul of too. Desserts are par for the course. Soup may seem less appealing in mid-summer, but, full of liquid, some come cold.