



Health Guide During Ramadan

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رمضان كريم

RAMADAN KAREEM

Every Muslim Should Fast

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى
الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ﴿١٨٣﴾

O You who have believed, fasting was prescribed for you as it was prescribed upon those before you that you become righteous) Al-Baqarah 2:183

Every Muslim Should Fast



HAPPY RAMADAN

Every Muslim Should Fast Ramadan

- Fasting Ramadan is obligatory upon every Muslim male and female who reached puberty
- It is one of the five Pillars of Islam
- It is a golden opportunity for a Muslim to get rid of sins and to get closer to Allah
- An intensive disciplinary course
- Every part of your body should fast

Warning !

فقد ورد مرفوعا وموقوفا على أبي هريرة، وذكره البخاري في صحيحه بصيغة التمريض
فقال: ويذكر عن أبي هريرة رفعه من أفطر يوما من رمضان من غير عذر ولا مرض لم يقضه
صيام الدهر وإن صامه.

It is mentioned from Abu Hurayra, and it is mentioned in Sahih Bukhari that the Prophet (sallallahu alayhi wasallam) said: "Anyone who breaks the fast for a day in Ramadan without excuse or illness, would not make it up were he to fast for all time."

Islam is Easy

وَجَاهِدُوا فِي اللَّهِ حَقَّ جِهَادِهِ ۗ هُوَ اجْتَبَاكُمْ وَمَا جَعَلَ عَلَيْكُمْ
فِي الدِّينِ مِنْ حَرَجٍ ۗ مِلَّةَ أَبِيكُمْ إِبْرَاهِيمَ ۗ هُوَ سَمَّاكُمُ الْمُسْلِمِينَ مِنْ
قَبْلُ وَفِي هَذَا لِيَكُونَ الرَّسُولُ شَهِيدًا عَلَيْكُمْ وَتَكُونُوا شُهَدَاءَ عَلَى
النَّاسِ فَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَاعْتَصِمُوا بِاللَّهِ هُوَ مَوْلَاكُمْ
فَنِعْمَ الْمَوْلَى وَنِعْمَ النَّصِيرُ

He has chosen you and has not placed upon you in the
religion any difficulty

Islam is Easy

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ
وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ
فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ
أُخْرٍ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ
وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَانَكُمْ
وَلَعَلَّكُمْ تَشْكُرُونَ



[The month of Ramadan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So Whoever sights [the new moon of] the month, let him/her fast it; and whoever is ill or on a journey – then an equal number of other days [are to be made up]. **Allah intends for you ease and does not intend for you hardship** and [wants] for you to complete the period and glorify Allah for that [to] which He has guided you; and perhaps you will be grateful] Al-Baqarah 2:185

It is Better To Fast

أَيَّامًا مَّعْدُودَاتٍ فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ
مِّنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ فَمَنْ
تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ، وَأَنْ تَصُومُوا خَيْرٌ لَّكُمْ إِنْ كُنْتُمْ

تَعْلَمُونَ ۝ ١٨٤

[Fasting for] a limited number of days. So whoever among you is ill or on a journey [during them] - then an equal number of days [are to be made up]. And upon those who are able [to fast, but with hardship] - a ransom [as substitute] of feeding a poor person [each day]. And whoever volunteers excess - it is better for him. But to fast is best for you, if you only knew. Al-Baqarah 2:184

Islam Is Easy

(إِنَّ اللَّهَ يُحِبُّ أَنْ تُؤْتَى رِخْصَتُهُ كَمَا يُحِبُّ أَنْ تُؤْتَى عَزَائِمُهُ) رواه الإمام أحمد وابن حبان،

- From an Islamic point of view, this exemption represents more than a simple permission not to fast. Prophet Muhammad (S.A.A.W) said: “**Allah likes his permissions to be fulfilled, as He loves His commands to be obeyed.**”

“So keep your duty to Allah and fear Him as much as you can”
[al-Taghaabun 64:16]

فَاتَّقُوا اللَّهَ مَا اسْتَطَعْتُمْ وَأَسْمِعُوا وَأَطِيعُوا وَأَنْفِقُوا خَيْرًا
لِأَنْفُسِكُمْ وَمَنْ يُوقِ شُحَّ نَفْسِهِ فَأُولَئِكَ هُمُ
الْمُفْلِحُونَ ﴿١٦﴾

Islam is Easy

- ◆ Islam offers an exemption to the sick from observing their fast during the Holy month of Ramadan.
- ◆ Some patients may be able to fast if their health is not adversely affected during the period of fasting. In such cases, advice from doctors about changing prescriptions to equally effective drugs that have reduced dosing, such as sustained release formulations, may be beneficial to the fasting Muslim. In all cases of illness, it is recommended that Muslim patients, if they do fast, do so under medical supervision.



The month of Ramadan is a great opportunity to focus on bringing back a balanced and healthy lifestyle in your life

Ruling of the Sick in Ramadan

- Anything considered as food or drink will void fast (break the fast). Among the things that break the fast are things that are classified as being like eating or drinking, such as taking medicines and pills by mouth, or injections of nourishing substances, or blood transfusions.
- Anything gets into the stomach will void fasting (break the fast)
- Injections that are not given to replace food and drink but are used to administer medications such as penicillin and insulin, or tonics, or vaccinations, do not break the fast, regardless of whether they are intramuscular or intravenous.

Types of Illnesses

- ◆ **Acute (Short-term):** Recovery is expected shortly
 - ◆ Examples: Pneumonia, Strep throat, Gastroenteritis and others
 - ◆ If certain that fasting will make the illness worse or delay recovery then OK to Break the fast and *make up the missed days*
- ◆ **Chronic (Long-term):** Recovery unexpected
 - ◆ Examples: Diabetes, Kidney problems, heart disease
 - ◆ If told fasting will affect the condition then person should not fast and should offer **Fidiah “Kaffarah” (expiation/compensation)** by feeding a poor person with half a Saa’ (~1.5 Kg “3.3 Ib) of food (may give it at once, on one day or to feed a person every day)

Why You Need to See Your Doctor Before Ramadan ?

- ◆ For those who have chronic illnesses and take medications on a regular basis, they need to see their doctor (whom they trust “Muslim/Non-Muslim”) before Ramadan starts for the following reasons:
 - ◆ To ensure your ability to fast
 - ◆ To adjust your medications dosages if necessary
 - ◆ To change frequency of medications to accommodate fasting schedule
 - ◆ For close monitoring of your health condition throughout the month Ramadan



An Advice

Avoid scheduling your Regular 'Annular' Medical/Dental routine Check-up during the month of Ramadan

I recommend this service before Ramadan to make sure you are fit to fast



شَهْرُ الرَّحْمَةِ وَالْغَفْوَةِ
SHAHRALRAHMA
Ramadan Kareem

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Passages/Routes

💧 Mouth

💧 Nose

💧 Ears

💧 Eyes

💧 Skin

💧 Private areas (Buttocks/Vagina)



Notice

- What I present carries answers of some scholars opinions and Assemblies of Islamic Jurisprudence (Fiqh)



As a Rule... Oral Medications

- Anything goes through the mouth and reaches the stomach will break the fast
- Anything considered as food or drinks will break the fast

Therefore, anything you take by mouth will break the fast

Types of Medications

- **Oral (By mouth or PO):** Pills/tablets, liquids/syrups:
Will **BREAK** the fast
- **Sublingual** (the pill under the tongue used for Angina/Chest pain):
Will **NOT BREAK** the fast provided that you do not swallow it
- **Skin:** Ointments/Creams and Patches: Will **NOT BREAK** the fast
- **Buttocks/Vagina:** Suppositories/Pessaries and Enema:
Will **NOT BREAK** the fast
- **Inhalers “Puffer”/Nasal spray:** **OK** to use according to majority of scholars
- **Drops:** Eyes, Nose, Ears
- **Injections:** Intravenous (IV)/Intramuscular (IM)/Subcutaneous (SC)

DROPS

- 💧 EYE DROPS Will *NOT BREAK* the Fast
- 💧 EAR DROPS Will *NOT BREAK* the Fast
- 💧 NASAL DROPS *Different Opinions* among Scholars

Nasal Drops

Different opinions among scholars due to the following Hadeeth

ثبت عن رسول الله صلى الله عليه وسلم أنه قال للقيظ بن صبرة: ((أسبغ الوضوء وخلل بين الأصابع وبالغ في الاستنشاق إلا أن تكون صائماً))
رواه الترمذي

- ◆ (It is proven that the Messenger of Allah (SAAW) said to al-Laqeet ibn Saburah: “Do wudoo’ well and make the water goes between your fingers, and be thorough in rinsing the nose (vigorously), unless you are fasting.”)

Narrated by Imam Al-Tirmidhi



Injections

- ◆ Subcutaneous (SC): Insulin, Lovenox (blood thinner) ... **OK**
- ◆ Intramuscular (IM): Antibiotics, analgesics (pain killer), hCG (human Chorionic Gonadotropin), Vitamins (e.g. B 6, B12), vaccinations/immunizations, Allergy shots ... **OK**
- ◆ Intravenous (IV): Two types:
 1. Medications: Antibiotics, Medications ... **OK**
 2. Nourishment “Nutrition”: IV fluids, blood transfusion, Supplemental Vitamins ... Will **BREAK** your fast

الحي الذي أنزلنا قبلة القرآن العظيم



Others...

- Kidney dialysis, whereby the blood is taken out, cleaned, and put back with some chemicals or nourishing substances such as sugars and salts added, is considered to **BREAK** the fast.

(Fataawa al-Lajnah al-Daa'imah, 10/190)

- Oxygen ... **OK** to use

The Followings Will **NOT** break the fast

- ◆ Insertion of a catheter into veins for diagnostic imaging or treatment of blood vessels in the heart or other organs.
- ◆ Use of a laparoscope (instrument inserted through a small incision in the abdomen) to examine the abdominal cavity or to perform operations.
- ◆ Taking biopsies or samples from the liver or other organs – so long as this is not accompanied by the administration of solutions.
- ◆ Gastroscopy (endoscopy and colonoscopy) – so long as this is not accompanied by the administration of solutions or other substances.
- ◆ Introduction of any instrument or medication to the brain or spinal column.

“70 Matters Related to Fasting” by Sheikh Muhammed Salih Al-Munajjid

Reservation !

- Most of these procedure require the followings:
 - inserting venous catheters
 - IV fluid infusion
 - Sedation
 - Flushing with normal saline during procedure
- Therefore it is better to schedule outside Ramadan if not an emergency

How to Handle Headaches

- ◆ Usually improves in 2-3 days after getting used to fasting
- ◆ Eat balanced food and drink plenty of fluids
- ◆ Minimize stress level. Don't get mad or nervous easily... "I am a fasting person"
- ◆ Stress increases levels of adrenaline & cortisone leading to increase blood pressure drop in sugar level hence worsening headaches
- ◆ Take a nap. Sleep usually helps
- ◆ May take medications at Suhur time that last throughout the day
- ◆ [ZOMIG® \(zolmitriptan\) Nasal Spray](#) Alternative for migraine headaches
 - ◆ **Severe Migraine headache.... Seek medical advice**

Tips to Avoid Dehydration

- Drink plenty of fluids after Iftar until Suhur
- Avoid caffeinated beverages
- Increase salt intake
- Increase Potassium-rich diet
- Avoid the sun during the day, stay under the shade
- Avoid strenuous activities during the day



No Eating Or Drinking
Whilst Fasting



Lower Your Gaze



No Arguing Or
Fighting & Avoid Sins



No Swearing, Lying
& Backbiting



No Smoking
Try Quitting For Good



Don't Waste Time On
Useless Activities



Do Not listen To
Music



Pray All Your 5 Daily
Salaah's On Time



Study & Learn
Islamic Knowledge



Recite & Learn The
Holy Qur'aan



Do Lots Of
Dhikr



Make Lots Of Duaa



Give In Charity
& Help The Poor

EARN HIGH REWARD WITH THE
RAMADHAAAN
HIGH-WAY CODE

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Diabetic Patients During Ramadan

- The International Journal of Ramadan Fasting Research has suggested the following guidelines for health professionals treating Muslim patients with diabetes:

"Diabetic patients who are controlled by diet alone can fast and hopefully, with weight reduction, their diabetes may even be improved. Diabetics who are taking oral hypoglycemic agents along with the dietary control should exercise extreme caution if they decide to fast. These patients should consult their medical doctor for dose adjustment. If they develop low blood sugar symptoms in the daytime, they should end the fast immediately."

Diabetic Patients During Ramadan

- The bulk of literature indicates that fasting in Ramadan is safe for the majority of diabetic patients with proper education and diabetic management.
- Most NIDDM patients can fast safely during Ramadan.
- Occasional IDDM patients who insist on fasting during Ramadan can also fast if they are carefully managed.
- Strict attention to diet control, daily activity and drug regimen adjustment is essential for successful Ramadan fasting.
- Diabetic patients taking insulin should consult their doctor to see if their dose can be adjusted to allow fasting during Ramadan. In all cases of fasting with diabetes, blood sugar levels should be closely monitored, especially before and after meals.



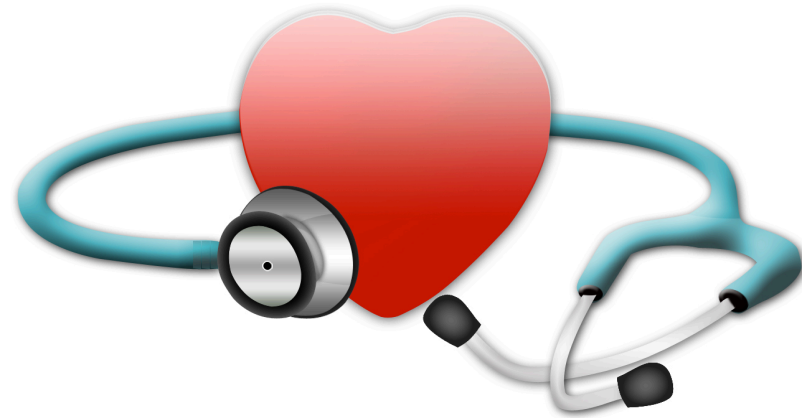
Patients with Asthma

- Asthma medication which a sick person inhales reaches the lungs through the windpipe and does not reach the stomach. It does not constitute food or drink, nor is it regarded as similar to them.
- Scholars have differed regarding the invalidation of fasting through using them
- Some scholars view that if a fasting any of them, their fasting is not invalidated
- The other group views that some of these medicines break fasting while others do not. However, **all scholars are of the opinion that taking these medicines is not the same as eating or drinking.**



Others Illnesses

- 💧 Heart disease
- 💧 Kidney problems
- 💧 Migraine headaches
- 💧 Peptic ulcers





Vomiting

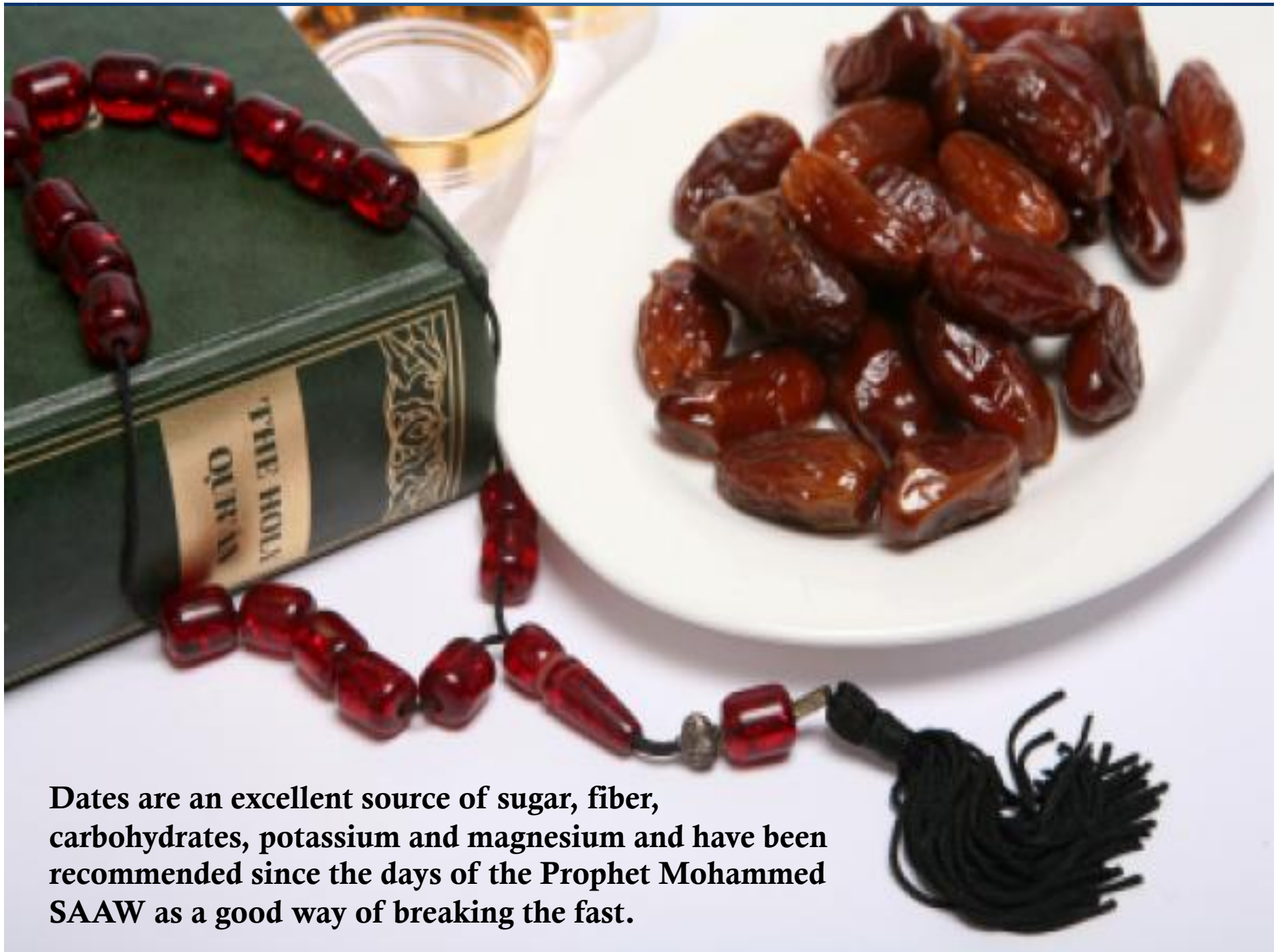
فعن أبي هريرة : ان النبي صلى الله عليه وسلم قال ((من ذرعه القيء فليس عليه قضاء , ومن استقاء عمداً فليقض)) :: رواه احمد وابو داود
والترمذي وابن ماجه وابن حبان والدارقطني والحاكم وصححه ::

- “Whoever vomits unintentionally does not have to make up the fast later on, but whoever vomits on purpose does have to make up the fast”

Narrated by Imam Al-Tirmidhi

Dietary Advice

- ◆ There is no need to consume excess food at iftar (the food eaten in the period immediately after sunset to break fast), dinner, or suhur (the light meal generally eaten about half an hour to one hour before dawn). The reasons for this are two-fold.
- ◆ First, and most importantly, such a lifestyle contradicts the principal aims and spirit of Ramadan. Over-eating can be seen as a reflection of weak discipline and irresponsibility.
- ◆ Secondly, the body has regulatory mechanisms that reduce the metabolic rate and ensure efficient utilization of body fat. Furthermore, most people assume a more sedentary lifestyle while fasting. The net result is that a balanced diet, that consists of less than the normal amount of food intake, is sufficient to keep a person healthy and active during the month of Ramadan.



Dates are an excellent source of sugar, fiber, carbohydrates, potassium and magnesium and have been recommended since the days of the Prophet Mohammed SAW as a good way of breaking the fast.

Watch What You Eat



Limit the Following Foods

- Fried foods
- Very spicy foods
- Foods containing too much sugar or refined carbohydrates/fast-digesting foods that last for only 3-4 hours and may be better taken at iftar to restore blood glucose levels rapidly. Fast-burning foods include those that contain sugar and white flour.
- Caffeine-containing beverages

Food You Need to Eat

- ◆ Foods rich in fibers such as whole wheat bread, vegetables, fruits, hummus and beans
- ◆ Increase fluids intake
- ◆ “Complex carbohydrates” or slow digesting foods should be consumed at suhur so that the food lasts longer (about 8 hours) resulting in less hunger during the day. Examples: foods that contain grains and seeds like barley, wheat, oats, millet, semolina, beans, lentils, whole meal flour and unpolished rice.



Dietary Advice

- ◆ To remain healthy during Ramadan, one should consume food from the major food groups: *bread and cereal, milk and dairy products, fish, meat and poultry, beans, vegetables and fruits*. (Vegetarians and vegans should amend this list as appropriate). Intake of *fruits* after a meal is strongly suggested.
- ◆ Diet in Ramadan should not differ much from the normal diet and should be as simple as possible. The diet should be such that normal weight is maintained, neither losing nor gaining. However, if one is overweight, Ramadan is an ideal time to try to normalize one's weight.

Exercise While Fasting

It is recommended that everyone engage in some kind of light exercise (aerobic exercises), such as stretching or brisk walking

Bleeding

- Nose bleed/Skin bleeding/Glucose check Will **NOT** break the fast
- Blood Draw ... Will **NOT** break the fast if small amount. However, if a person faints when exposed to blood, he/she should avoid having the test while fasting
- Blood donation ... Will **BRAEK** the fast
- Blood Transfusion... Will **BRAEK** the fast
- Cupping (Hijamah) ... **Different opinions** among scholars

Dental Issues

- Use of Siwak (tooth stick) or toothbrush and toothpaste
- Tooth extraction
- Dental filling
- Teeth Cleaning



In general, OK provided that the procedure is NECESSARY and you DO NOT swallow the materials

Women Issues

- ◆ Pregnancy & Breastfeeding (according to the most correct opinion, a woman who is pregnant or breastfeeding is regarded as being like one who is ill, so she only has to make up the days that she missed, whenever she fears for herself or for her child)
 - ◆ Prophet Muhammad (SAAW) said: “**Allah has lifted the obligation of fasting from the pregnant and breastfeeding woman**” Reported by Al-Tirmidhi
 - ◆ May pump breast milk during the night and feed the baby with a bottle during the day while she is fasting. Another suggestion is to use formula during the month of Ramadan
- ◆ Istihadah (Non-menstrual vaginal bleeding)... Does **NOT** break the fast
- ◆ Abortion
- ◆ Vaginal examination and any thing inserted in the vaginal and urethra: (Vaginal examination, Pessaries, douches, Scopes and Intra-uterine device (IUD) ... Do **NOT** break the fast

اللَّهُمَّ أَنْتَ عَفْوٌ حَسْبُ الْعَفْوِ
فَاعْفُ عَنَّا



Abortion

- ◆ If a pregnant woman miscarries and the fetus is formed or has a discernible outline of any part of the body, such as a head or hand, then her blood is nifaas; if, however, she passes something that looks like a blood clot (*'alaq*) or a chewed piece of meat that has no discernible human features, her bleeding is istihaadah and she has to fast, if she is able, otherwise she can break her fast and make it up later on. (*Fataawa al-Lajnah al-Daa'imah*, 10/224). Once she becomes clean after having an operation to clean the womb (D&C), she should fast.

“70 Matters Related to Fasting” by Sheikh Muhammed Salih Al-Munajjid

THANK YOU

Jazakom Allah Khair for your attention

