



QATAR DIABETES ASSOCIATION HOSTS DIABETES SESSION ON FASTING DURING HOLY MONTH OF RAMADAN

100 Doctors Attended Open Educational Forum In Doha

1 June 2014

Doha, Qatar: QATAR Diabetes Association (QDA), in conjunction with Action on Diabetes, hosted an open educational session for 100 doctors as part of its new 'fasting and diabetes' campaign for 2014.

Physicians attending the event hailed from a variety of health sectors including Primary Health Care, diabetes clinics in private hospitals, in addition to Police and Army clinics.

Organised by QDA, a member of Qatar Foundation for Education, Science and Community Development, the session was held on Saturday at La Cigale Hotel in Doha.

The educational session gave doctors important information and guidance about advising their patients already living with diabetes on best ways to fast and manage their condition during the holy month of Ramadan.

The session was delivered by Dr Abdullah Al Hamaq, QDA Executive Director; Dr Mahmoud Zerie, Diabetes Consultant at Hamad Medical Corporation and Head of the Medical Committee at QDA; and Mrs Kaite El-Nahas, Senior Dietician at QDA.

Commenting on the diabetes and fasting session, Dr Abdullah Al Hamaq, said: "This session was part of our annual educational programme ahead of the holy month of Ramadan. It was dedicated to healthcare providers to update them on diabetes information and enable them to train people with diabetes about fasting safely during Ramadan.

"Our Ramadan campaign also includes other educational secessions dedicated to people with diabetes, which will guide them during the fasting period and educate them about the importance of regular blood sugar testing, as well as being aware of the correct dose of medication, be it insulin injections, an insulin pump or pills, in order to lower blood sugar levels.

We hope that many people will find our sessions useful and apply the knowledge learned to fast safely during Ramadan."

Dr Mahmoud Zerie said: “The meeting reviewed all the guidelines and recommendations for people with diabetes, and most importantly informed doctors about groups of people which should not fast. The session responded all of the doctors’ enquiries through a case study for such expected situations.”

Participants to QDA’s programmes were also told about the best blood sugar level to maintain during Ramadan, the importance of carrying glucose pills or sweets at all times to avoid a low blood sugar level which is arises most often during times of fasting.

Hotlines will be opened by QDA in June for people living with diabetes to call with any issues. The phones will be operated in collaboration with doctors from HMC and Primary Health Care.

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About Qatar Diabetes Association –Qatar Foundation

The Qatar Diabetes Association (QDA) strives to help people with diabetes and those who are at risk of developing it by providing innovative patient care, diabetes education and related services with the hope of improving the overall quality of life for those who are affected.

QDA is a member of Qatar Foundation for Education, Science and Community Development, established as a charitable, non-profit organization in 1995; Qatar Diabetes Association leads efforts in Qatar and the Middle East to promote the prevention, care and management of diabetes.

QDA is an active member in the International Diabetes Federation (IDF) since 1997.

Diabetes is one of the world's biggest killers. Every 6 seconds, a person dies of diabetes. Worldwide, 382 million people live with diabetes, and the total number of people with diabetes will exceed 592 million by 2030 (IDF Statistics).

For more information please visit our website www.qda.org.qa

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