



Newcastle
& Gateshead

Ramadan 2019 Calendar

Your body is a trust from Allah, safeguard it and it will keep you safe

Health Equality

Learn how HAREF is tackling health equality - visit cvsnewcastle.org.uk/haref

Diabetes UK

If you have diabetes and you are looking for information to help you manage your condition, try Diabetes UK Learning Zone. From simple food swaps to tips about managing day to day, the advice is tailored to you: diabetes.org.uk/learn



Glaucoma - don't stop your drops this Ramadan

Stopping glaucoma drops for even a short period of time can cause permanent loss of vision. The IGA (International Glaucoma Association) advises:

- Do not stop eye drops during Ramadan - all Schools of Thought support this
- If you are still doubtful, use morning drops at Suhoor and evening drops at Iftar
- Try practising punctal occlusion: put finger pressure at the corner of the eye next to the nose immediately after instilling drops

For more information, contact the IGA's helpline, Sightline, on 01233 64 81 70 or email sightline@iga.org.uk

glaucoma-association.com

Ramadan 1440

	Date	Day	Fajr Sehri End	Sunrise	Zuhur	Asar	Iftari Magrib	Isha
1	6	MON	3:43	5:16	1:03	6:21	8:51	10:15
2	7	TUE	3:40	5:14	1:03	6:22	8:53	10:16
3	8	WED	3:38	5:12	1:03	6:23	8:54	10:18
4	9	THU	3:35	5:10	1:03	6:24	8:56	10:19
5	10	FRI	3:33	5:08	1:03	6:25	8:58	10:20
6	11	SAT	3:30	5:06	1:03	6:26	9:00	10:21
7	12	SUN	3:28	5:04	1:03	6:27	9:02	10:23
8	13	MON	3:26	5:02	1:03	6:28	9:04	10:24
9	14	TUE	3:23	5:00	1:03	6:29	9:05	10:26
10	15	WED	3:21	4:59	1:03	6:30	9:07	10:27
11	16	THU	3:19	4:57	1:03	6:31	9:09	10:28
12	17	FRI	3:17	4:55	1:03	6:32	9:11	10:30
13	18	SAT	3:15	4:54	1:03	6:33	9:12	10:31
14	19	SUN	3:12	4:52	1:03	6:34	9:14	10:32
15	20	MON	3:10	4:50	1:03	6:35	9:16	10:34
16	21	TUE	3:08	4:49	1:03	6:36	9:17	10:36
17	22	WED	3:05	4:47	1:03	6:37	9:19	10:38
18	23	THU	3:03	4:46	1:03	6:38	9:21	10:40
19	24	FRI	3:01	4:44	1:03	6:39	9:22	10:41
20	25	SAT	2:59	4:43	1:03	6:40	9:24	10:43
21	26	SUN	2:57	4:42	1:04	6:40	9:25	10:44
22	27	MON	2:56	4:41	1:04	6:41	9:27	10:46
23	28	TUE	2:54	4:39	1:04	6:42	9:28	10:48
24	29	WED	2:52	4:38	1:04	6:43	9:30	10:50
25	30	THU	2:51	4:37	1:04	6:44	9:31	10:51
26	31	FRI	2:50	4:36	1:04	6:44	9:32	10:52
27	1	SAT	2:50	4:35	1:04	6:45	9:34	10:53
28	2	SUN	2:49	4:34	1:04	6:46	9:35	10:54
29	3	MON	2:49	4:33	1:05	6:47	9:36	10:55
30	4	TUE	2:48	4:32	1:05	6:47	9:37	10:55

Zawal Time: 10 minutes before Zohar time. All Islamic dates are subject to the visibility of the moon. To confirm the Islamic date call the Central Moon Sighting Committee Great Britain on 07866 464040

Dua (prayer) at the Beginning of the Fast

Wa bisawmi ghadinn nawaiytu min shahri Ramadhan

I intend to keep the fast for tomorrow in the month of Ramadan

Safe fasting and managing your diabetes

Do

- ✓ See your doctor or healthcare team for diabetes advice before fasting
- ✓ Drink lots of water in the non-fasting hours
- ✓ Both at Suhoor and Iftar, eat foods such as rice, daal or chapatti to give you slow-release energy. Also include some lean protein and lots of vegetables
- ✓ If you have a blood glucose meter, regularly check your sugar level (3-4 times through the day) whether your diabetes is treated with tablets or injections
- ✓ Break your fast if you feel 'hypo' and your blood sugar level is less than 4.0 mmol/L - this is especially important if you get a low blood glucose result in the early stages of your fast
- ✓ 'Having a hypo' (when your blood glucose levels are too low) means becoming hypoglycaemic - common symptoms include; feeling dizzy, hungry, sweaty, and tired, having blurred vision

Don't

- ✗ Fast if you are pregnant without seeking medical advice
- ✗ Fast if you are on dialysis
- ✗ Fast if your diabetes is not being managed well at this time (which means HbA1c is higher than 64 mmol/mol)
- ✗ Exercise too energetically during the fasting hours
- ✗ Eat large amounts of sugary snacks, such as samosas, dates, milkshakes and oily rice. Only eat a few dates to break your fast

If you need any advice from a health professional during the Holy month of Ramadan, contact your local GP or if you are a Newcastle Diabetes Centre patient, call 0191 2823867

Dua (prayer) at the End of the Fast

Allahumma inni laka sumtu wa bika aamantu wa alayka tawakkaltu wa ala rizq-ika-aftartu

O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance

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