



# The Moroccan League for the Fight against Diabetes and its Partners

## in collaboration with the Ulemas Councils of RABAT and SALE

### Organizes



### Education and Awareness Days

On the theme  
**« Diabetes and Ramadan:  
 Is it safe to fast? »**

- Oulemas Council of SALE on February 14th, 2024
- Oulemas Council of RABAT on February 21th, 2024

**Program from 2:00 p.m.**

### PROGRAM

#### *Education and Awareness*

- Introduction and presentation of the day.
- Diabetes and Ramadan : Religious Aspects.
- The risks of fasting Ramadan in people living with Diabetes.
- The Ramadan risk score and Importance of blood sugar monitoring.
- Adaptation of medication intake during Ramadan.
- Diabetic nutrition.
- Diabetes and lifestyle.

#### *Screening*



# PROGRAM

## **Majliss Ilmi Mahali of Sale, February 14, 2024 from 2:00 p.m.**

- 1- Introduction and presentation of the Day
- 2- Diabetes and Ramadan: Religious aspects. **A. IRAQI (Rabat)**
- 3- What is diabetes. **Z. HABBADI (Sale)**
- 4- The risks of fasting Ramadan in diabetics. **W. GHAF FOUR (Sale)**
- 5- The Ramadan risk score and importance of blood sugar monitoring. **J. BELKHADIR (Rabat)**
- 6- Diabetic diet during Ramadan. **S. LABZIZI (Rabat)**
- 7- Adaptation of medication intake during Ramadan and healthy lifestyle. **K. BENABED (Rabat)**

## **Majliss Ilmi Mahali of Rabat, February 21, 2024 from 2:00 p.m.**

- 1- Introduction and presentation of the Day
- 2- Diabetes and Ramadan: Religious aspects. **A. IRAQI (Rabat)**
- 3- The risks of fasting Ramadan in diabetics. **M. AMJAD (Temara)**
- 4- The Ramadan risk score and Importance of blood sugar monitoring. **J. BELKHADIR (Rabat)**
- 5- Adaptation of medication intake during Ramadan. **N. LAZAR (Temara)**
- 6- Diabetic diet during Ramadan. **S. LABZIZI (Rabat)**
- 7- Hygiene of life. **K. BENABED (Rabat)**