



Keeping Healthy in
Ramadan

Your guide to keeping a healthy balanced lifestyle during Ramadan

Keeping Healthy in *Ramadan*

During the Holy month of Ramadan we will need to manage our eating habits through self-control and discipline. Allah has given us our health and it is a violation to knowingly and willingly harm it.

What should I eat and how can I manage my diet during Ramadan?

During Ramadan there is ample time to replenish energy stores at pre-dawn and dusk meals. A balanced diet and adequate fluid intake is essential between fasts, particularly as the fast will be during the long summer hours.

“Oh you who believe! Fasting is prescribed upon you as it was prescribed on those before you so that you may learn self-restraint”

[2:18]



Suhoor

Suhoor, the pre-dawn meal, should be wholesome and filling to provide enough energy for many hours. It is important to include slowly-digested foods. Complex carbohydrates are foods that will help release energy slowly during fasting and are found in grains and seeds, like barley, wheat, oats, cereals, semolina, beans, lentils, wholemeal flour, basmati rice, etc.

Fibre-rich foods are also digested slowly; these include bran, whole wheat, grains and seeds, potatoes with the skin, all types of bread and breakfast cereals, vegetables such as green beans and fruit such as apricots, prunes or figs.



Iftar

Iftar is the meal which breaks the day's fast. This meal could include dates, following the Prophetic traditions. Try to eat a healthy balanced diet, enjoying some protein from meat/fish or lentils and some vegetables. Try to eat as you would normally and remember to eat only a moderate amount of fat and sugar!



How to observe Ramadan safely and still keep healthy

It is really important that if you have a medical condition, you see your GP before Ramadan starts to discuss treatment options that do not interfere with your fast. You can also talk to your Imam.



What should I do if I feel unwell or dehydrated?

If a person's health is at risk due to the Fast i.e. dehydration, pregnant or injury they can break their fast as their health is more important, Allah has given permission in the Quran to break the fast. Islam does not require you to harm yourself in fulfilling the fast.

If a fast is broken, it will need to be compensated by fasting at a later date when health is better.



“Allah intends for you ease and He does not want to make things difficult for you”

[2:185]

What should I do if I have an appointment in Ramadan?

It is really important that you keep all medical appointments in Ramadan. If you really feel you are unable to keep your appointment during Ramadan, you need to call your GP or Hospital to re-schedule your appointment for as soon as possible after the Holy Month ends.

What should I do if I have diabetes?

If you take medication such as tablets or insulin to control your diabetes, please speak to your GP before Ramadan starts to find out if it is safe to fast. Not taking diabetic medication is dangerous and can cause short and long-term health complications.

If fasting is not recommended by your GP or hospital team, the Islamic ruling is that you should not fast during Ramadan and should instead make a charitable donation (fidyah).



What should I do if I am having tests for cancer?

Our part of East London has some of the worst survival rates for cancer in the UK. This is largely due to late diagnosis.

It is therefore really important that if you are undergoing tests or investigations for cancer that you keep your appointment during Ramadan.

If you really feel you are unable to keep your screening appointment during Ramadan, you need to call the number on your invitation letter and re-schedule your appointment for as soon as possible after the Holy Month ends. Please remember that screening saves thousands of lives every year by diagnosing cancer early before there are any symptoms.

What should I do if I have cancer?

It is important that you realise that following strict medication guidance during the month of Ramadan is NOT against your religious beliefs, as it can be extremely dangerous to alter times of medication or to take drugs that require food on an empty stomach. It is highly recommended that all chemotherapy or radiotherapy appointments are kept during Ramadan.

What about other illnesses?

If you have other conditions, such as high blood pressure or asthma, you will probably have been prescribed medication to control your illness. It is important that these medications are taken regularly, every day, to prevent further, serious complications developing, such as heart attacks, strokes or asthma attacks.

A consultation with your GP or community pharmacist before Ramadan starts should provide an opportunity for you to discuss potential options, such as using inhalers, taking tablets or receiving injections, that will allow you to control your illness while completing a fast safely.

If you have any questions around your health and religious rulings, contact Faith in Health for an Imam or your hospital's Muslim Chaplain

Faith in Health:	020 7650 3029
Newham University Hospital Muslim Chaplain:	020 7363 8053
Barts and The Royal London Hospital Muslim Chaplain:	020 7377 7385
Homerton University Hospital Muslim Chaplain:	020 8510 7385

If you have medical questions you should talk to your GP or pharmacist. Out-of-hours you may call the Tower Hamlets out-of-hours GP or NHS Direct, whose advisors can offer help on all medical conditions including diabetes.

GP Out-of-hours:	020 7377 7151
NHS Direct:	0845 4647
To give up smoking call The Health Hotline:	020 7364 5016
Or Bangladeshi Stop Tobacco Project:	Female advisors: 020 7882 8669 Male advisors: 020 7882 8660
To change your hospital appointment at Barts and The London or London Chest:	0207 601 8099 or 0800 043 0143

For further information see:

www.faithinhealth.org.uk
www.bartsandthelondon.nhs.uk/forpatients/ramadan
www.towerhamlets.nhs.uk/getting-help/
www.nhsdirect.nhs.uk

Walk-in Centres

Whitechapel Walk-in Centre

174 Whitechapel Road, London E1 1BZ
Opening Hours:
 Monday to Friday 7am to 10pm
 Weekends and bank Holidays from 9am – 10pm

Canary Wharf Walk-in Centre

30 Marsh Wall, Canary Wharf, E14 9TP
Opening Hours:
 Monday to Friday 7am – 7pm
 Canary Wharf Walk in Centre is expected to close on the 31st of March 2011

The Barkantine Centre

121 Westferry Road, London E14 8JH
Opening Hours:
 Weekends 8am to 8pm
 The Barkantine Centre will offer a 7 day service from April 2011

St Andrew's Health Centre

1-3 Birchdown House, Devons Road, Bow, E3 3NS
Opening Hours:
 Monday to Sunday 8am to 8pm



Ilaalinta cafimaadka ee bisha Ramadan

Bisha barakaysan ee Ramadan waxaynu u baahannahay inaynu maamulno sidaynu cuntada u cunno iyadoo aynu kantaroolayno oo aynu mabda' ku sugayno. Allah ayaa caafimaadka inna siiyay waana denbi in si ula kac ah loo waxyeelleeyo.

Maxaan cunaa oo sidee ayaan bisha Ramadan u maamulaa cuntadayda?

Bisha Ramadan waxa jira wakhti yar oo lagu kaydsado tamarta xilliga suxuurta iyo afurka. cunto isu miisaaman iyo cabbitaan ku filan oo la cabbo ayaa daruuri ah soonka, gaar ahaan iyadoo xilliga xagaaga ay saacadaha la soomayaa badanyihiin

Suhoor,

Suhoor, cuntada la cuno waaberiga ka hor, waa inay noqotaa mid isku dhan oo calool gashiimo leh, si looga helo tamar saacadaha la soommanyahay. Waa daruuri in lagu daro cuntada dhakhso loogu samayn karo dheef shiidka. Kaarboohaydaraydka mucaadka ah waa cuntada gacan ka gaysata in hadba in yar oo ah tamarta la sii daayo xilliga soonka waxana laga helaa midhaha, sida masagada, sarreenka, boorajka, midhaha, semolina, biiniska, cadaska, daqiiqda buuniga ah, bariiska bamaatiga ah iwm.

Cuntada uu buushuhu ku badanyahay si aan degdeg ahayn ayaa loo dheefshidaa, kuwaas waxa ka mida bran, midhaha sarreenka, iniinyaha, baradhada diirka leh, dhammaan noocyada roodhida iy midhaha lagu quraacdo, khudradda sida biisiska cagaaran iyo furudka ay ka mid yihiin mishmishka iyo buruuniska ama tiinku.



Iftar

Iftar waa cuntada lagu jebiyo soonka. Cuntadaas waxa ku jiri kara timir, iyadoo la raacayo sunnihii Nebiga. Isku day inaad cunto cuno isu miisaaman oo caafimaad leh, adigoo qaadanay borotiinka laga helo hilibka/kalluunka ama cadaska iyo qaar ka mida khudradda. Isku day inaad wax u cunto sidii caadiga ahayd oo xusuusnow inaad cunto dux iyo sonkordhexdhexaad ah.

“Kuwii Ilaahay rumeeyayow!
Waxa soonka Idin faray sidii loo
faray qawmiyadihii idinka
horreeyay, waxaydun mudantihiin
inaydun alle ka cabsataane
”[2:183]

Sida Ramadanta si aamin ah loogu guto oo caafimaadkana loo ilaaliyo

Dhab ahaan waa muhiim in haddii aad xanuun qabto aad aragto dhakhtarkaaga, inta aanay Ramadan bilaabmin si aad ula falanqayso doorashooyinka la xidhiidha daawaynta ee soonkaaga waxyeelayn. Waxa kale oo aad la hadli kartaa Imaamkaaga.

Maxaan sameeyaa haddii aanan caafimaad qabin ama jidhkayga biyihii ka baxeen?

Haddii ay soonku qof caafimaadkiisa khatar ku keenayso sida biyaha oo jidhka ka dhammaada, qof uur leh ama qor nabar ku dhacay soonkooda way iska dayn karaan sababta oo ah caafimaadkooda ayaa ka muhiimsan Allah ayaa rukhsad ku siiyay quraanka inay soonka cunaan. Is-lamku kaagama baahna inaad naftaada dhaawacdo soonka darteed. Haddii soonka la jebiyo waxa loo baahanyahay in la qalleeyo iyadoo la soomayo maalin kale marka aad ladnaato.

Maxaan sameeyaa haddii aan Ramadanta ballan leeyahay?

Dhab ahaan waa muhiim inaad Ramadanka ilaalisoballama caafimaadka. Haddii aad dhab ahaan dareensantahay inaanad awoodin inaad ballanta ilaaliso bisha Ramadan. Waa inaad wacdaa dhakhtarkaaga GP ama dhakhtarka si laguugu sameeyo ballan kale sida ugud-hakhsaha badan marka ay baxdo bisha barakaysani.

“Allah wuxuu rabaa inuu idiin fudaydiyo ee idinlama rabo dhibaato” [2:185]

Maxaan sameeyaa haddii aan qabo cudurka macaanka?

Haddii aad qaadato dawooyinka ay ka midka yihiin kiniinka ama insulin si aad u kantarooشو macaanka, fadlan la hadal dhakhtarkaaga GP Ka hor intaanay Ramadan bilaabmin si aad u ogaato inaad si aamin ah u soomi karto. Waa khatar inaan la qaadan daawooyinka macaanka waxaanay keeni kartaa dhibaatooyin caafimaad oo ah muddada dhaw iyo muddada dheerba.

Haddii dhakhtarkaaga ama kooxda cusbataalku soo jeediyaan inaanad soomin, fatwada islaamiga ahi waa inaanad soomin Ramadaanta oo aad beddelkeeda bixisaa deeq (fidyah).

Maxaan sameeyaa haddii la iga baadhayo cudurka Kansarka?

Qaybteenna bariga London waa meelaha sida ugu yar looga badbaado cudurka kansarka marka oo eego UK oo dhan. Taas oo ay ugu wacantahay iyadoo aan wakhti hore la ogaan.

Sidaa darted ayay dhab ahaan muhiim u tahay in haddii lagaa baadhayo kansar aad ballamahaaga u ilaalis bisha Ramada.

Haddii aad u aragto inaanad bisha Ramadan ilaalin karayn ballantii lagu baadhayay, waa inaad soo wacdaa lambarka ku qoran warqaddii ballanta laguugu sameeyay oo aad ballan kale u qabanqaabsataa sida ugu dhakhsaha badan ee suuragalka ah marka ay baxdo bisha barakaysani. Fadlan xusuusnow inuu baadhitaanku sannad walba badbaadiyo kumannaan qof iyadoo kansarka la ogaanayo wakhti hore inta aan astaamihiisu soo bixin.

Maxaan sameeyaa haddii uu kasnar I hayo?

Waa muhiim inaad aqoonsato inaanay diintaada ka soo horjeedin inaad dawadaada si joogto ah u qaadatid bisha Ramadan, Sababta oo ah khatar wayn ayaa ka iman karta haddii dib loo dhigo wakhtiyada aad dawada qaadato taas oo baahan in wax la cuno. Waxa si aad ah loo soo jeedinayaa in bisha Ramadan la ilaaliyo ballamaha chemotherapy ama radiotherapy.

Ka warran xanuunnada kale?

Haddii ay ku hayaan xanuunno kale, sida dhiig karka, ama xiiq, waxa laga yaabaa in lagu qoray daawo lagu xadeeyo cudurkaaga. Waa muhiim in dawooyinkaas loo qaato qaato si joogto ah, maalin kasta, si looga hortago, inuu dhaco xanuun daran, sida faalig, xiiq.

Inta aanay Ramadan bilaabmin wada tashi aad la qaadato GP ama farmashiistaha beesha ayaa ku siin doona fursad aad kula falanqayso doorashooyinka kuu furan, sida inaad isticmaasho qalabka la isku buufiyo (inhalers), qaadashada kiniinka ama irbadaha. Kuwaasi waxay kuu oggolaan doonaan inaad kantarooشو xanuunkaaga adigoo soomaya.

Haddii aad hayso wax su'aalo ah oo ku saabsan caafimaadkaaga iyo fatwooyinka, kala xidhiidh ictiqaadka la xidhiidha caafimaadka (Faith in Health) si aad u la hadasho Imam ama wadaadka gunaanadka ee cusbataalka (hospital's Muslim Chaplain)

Faith in Health:	020 7650 3029
Newham University Hospital Muslim Chaplain:	020 7363 8053
Barts and The Royal London Hospital Muslim Chaplain:	020 7377 7385
Homerton University Hospital Muslim Chaplain:	020 8510 7385

Haddii aad hayso su'aalo la xidhiidha caafimaadka waa inaad kala hadashaa dhakhtarkaaga ama farmashiistahaaga. Saacadaha aan la shaqayn waxaad soo wici kartaa dhakhtarka shaqeeya saacadaha aan la shaqayn ama NHS Direct, oo ay talabixiyeyaashiisu ku siin karaan taageero ku saabsan dhammaan xanuunnada uu ju jiro kaadi macaanku.

GP Saacadaha aan la shaqayn:	020 7377 7151
NHS Direct:	0845 4647
Joojinta sigaarka soo wac: Khadka telefoonka ee caafimaadka:	020 7364 5016
Ama barnaamijka joojinta tubbaakada ee Bangladeshi:	Talabixiyeyaal haween ah: 020 7882 8669 Talabixiyeyaal rag ah: 020 7882 8660
Si aad u beddesho ballantaada aad ku leedahaycusbataalka Barts and The London or London Chest:	0207 601 8099 or 0800 043 0143

Wixii macluumaad dheeraad ah ka eeg:

www.faithinhealth.org.uk
www.bartsandthelondon.nhs.uk/forpatients/ramadan
www.towerhamlets.nhs.uk/getting-help/
www.nhsdirect.nhs.uk

Xarumaha ballan la'aanta lagu yimaaddo

Whitechapel Walk-in Centre

174 Whitechapel Road, London E1 1BZ
Saacadaha shaqada:
 Isniinta illaa Jimcaha 7am illaa 10pm
 Sabtiyada iyo axadaha iyo fasaxyada rasmiga ah 9am – 10pm

Canary Wharf Walk-in Centre

30 Marsh Wall, Canary Wharf, E14 9TP
Saacadaha shaqada:
 Isniinta illaa Jimcaha 7am – 7pm
 Xarunta ballan la'aanta lagu yimaaddo ee Canary Wharf waxa la filayaa in la xidho 31st of March 2011

The Barkantine Centre

121 Westferry Road, London E14 8JH
Saacadaha shaqada:
 Sabtiyada iyo axadaha 8am illaa 8pm
 Xarunta Barkantine waxay bixin doontaa adeeg la bixiyo 7da maalmood ee wiigga marka laga bilaabo April 2011

St Andrew's Health Centre

1-3 Birchdown House, Devons Road, Bow, E3 3NS
Saacadaha shaqada:
 Isniinta illaa Axadda 8am illaa 8pm

