Changes observed in HbA1c during ramadan

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More information: Abstract
Full Text

(HealthDay)—For patients with type 2 diabetes, during Ramadan, the greatest change among metabolic parameters is seen for glycemia, according to a study published online May 13 in the *Journal of Diabetes Investigation*.

Melanie Y.L. Siaw, from the National University of Singapore, and colleagues conducted a retrospective study using a national electronic database to examine trends in hemoglobin A1c (HbA1c), systolic blood pressure (SBP), low-density lipoprotein cholesterol (LDL-C), and triglycerides (TG) in patients with type 2 diabetes during Ramadan. A total of 5,172 eligible patients were categorized according to their HbA1c control before Ramadan: Group 1, HbA1c ?10 percent; Group 2, HbA1c, 7.1 to 9.9 percent; Group 3, HbA1c ?7.0 percent.

The researchers observed variation in the mean change of HbA1c, from ?1.4 to +0.2 percent, with the greatest decrease seen in Group 1 (P

"In conclusion, among the known metabolic parameters, the greatest change was observed in glycemia during Ramadan," the authors write. "Patients with a mean baseline HbA1c value of 10 percent or more experienced the greatest HbA1c reduction."