

# MIGRAINE RESEARCH INSTITUTE

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## **Fasting Safely during Ramadan**

The King Fahd National Guard Hospital in Saudi Arabia has published a study in *Headache* the official journal of the American Headache Society which reported headaches in 41 % of their staff members on the second day of fasting during the month of Ramadan.

Fasting during the Ramadan is one of the five pillars of Islam. Participants should abstain from eating, drinking and smoking from dawn to sunset for 29 to 30 days. The study consisted of 116 physicians and paramedical staff members working at the hospital who were asked to complete a specifically designed questionnaire on their second day of fasting. The most important associated factor was caffeine withdrawal although other factors such as lack of sleep, hypoglycemia and dehydration may also have contributed to their headaches.

Dr Shevel chairman of the South African Headache Society advises “reducing caffeine intake gradually a week or two leading into Ramadan to ease the headaches will help you cope”. Dr Shevel adds “preparation for the month of Ramadan is essential, to allow your body to adjust to the changes”.

For more information regarding this study please contact [Mary-lee Cantor on +27 11 484 0933](#)

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