

## Fasting safely during Ramadaan

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THE King Fahd National Guard Hospital in Saudi Arabia has published a study about headaches in the official journal of the American Headache Society, which reported headaches in 41% of its staff members on the second day of fasting during the month of Ramadaan.

### Fasting

Fasting during Ramadaan 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.

Reducing caffeine intake gradually a week or two leading into Ramadaan to ease the headaches will help you cope. Preparation for the month of Ramadaan is essential, to allow your body to adjust to the changes.