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Comparison of Continuous Glucose Monitoring in Adolescents with Type 1 Diabetes. Ramadan versus Non-Ramadan

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**ABSTRACT****Comparison of Continuous Glucose Monitoring in Adolescents with Type 1 Diabetes:****Ramadan versus Non-Ramadan****Aim:**

To assess the impact of fasting on interstitial glucose (IG) in adolescents with type 1 DM (T1DM) by using continuous glucose monitoring (CGM).

**Method:**

A minimum of 2.5 days CGM was done on adolescents with T1DM during fasting in Ramadan and in the month before or after Ramadan to compare the differences in mean IG, and in the durations of hypoglycemia (<70mg/dL), hyperglycemia (200-299 mg/dL), and severe hyperglycemia ( $\geq 300$ mg/dL)

**Results:**

Fourteen adolescents were studied, age  $15 \pm 4$  years, duration of diabetes  $6 \pm 4$  years, and HbA1C  $8.6 \pm 1.1\%$  (70.3 mmol/mol). There was no difference in the mean IG ( $190 \pm 39$  and  $180 \pm 37$ ,  $p=0.4$ ), or in the durations of hypoglycemia ( $5.14 \pm 5\%$  and  $7.03 \pm 4.9\%$ ,  $p=0.3$ ), hyperglycemia ( $25.35 \pm 11.3\%$  and  $24.24 \pm 10.1\%$  ( $P=0.7$ )), and severe hyperglycemia ( $13.21 \pm 13.4\%$  and  $10.96 \pm 10.6\%$ ,  $P=0.6$ ), between Ramadan and, non-Ramadan, respectively

**Conclusion:**

Adolescents with T1DM have the same wide fluctuation in IG during fasting in Ramadan as they do outside Ramadan. Insulin regimen adjustment should be targeting both extremes of glucose abnormality.

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