



جمعية زهرة
ZAHRA ASSOCIATION

Safe Fasting Guide



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Fasting for Cancer Patients

According to medical and religious opinions, fasting is generally not recommended for cancer patients. This is because cancer usually involves a long-term treatment plan, and fasting may affect the patient's response to medications and how these treatments work in the body.

If the patient is completely unable to fast:

They may feed one needy person for each day missed, and) (fasting is not required

This applies if doctors determine that the illness is chronic, especially since treatment for some cases may last two years or more.

If the patient is able to fast:

The patient may fast or make up the missed days of Ramadan) (later

This is only permitted after obtaining medical consultation and approval, to avoid fatigue, exhaustion, or a drop in vital signs such as blood pressure or blood sugar, which could lead to a relapse, God forbid

Do contraceptives cause breast cancer?

Using hormonal contraceptives without medical consultation may carry certain health risks, especially when used for long periods or in the presence of pre-existing risk factors such as a family history of breast cancer.

Some studies indicate that hormonal contraceptives may be associated with an increased risk of developing breast cancer. This is believed to be related to their effect on the hormones estrogen and progesterone, which may contribute to stimulating the growth of certain types of breast cancer cells.

General medical advice:

Avoid using any medication, hormonal supplements, or herbal products without consulting a doctor. Even if the product comes from a “natural” source, it does not necessarily mean it is safe

Adhering to the correct use of medications during the month of Ramadan is extremely important. Patients should be cautious not to miss doses or change medication schedules without medical consultation. If the doctor allows fasting, medication times should be carefully organized, and the prescribed treatment plan must be followed strictly. However, if fasting may lead to a deterioration in health or cause unwanted symptoms, postponing fasting is advised in order to protect one’s health. For medications taken two or three times daily, it is essential to consult your doctor before starting to fast to assess the health condition and determine whether doses or timing can be adjusted. Some medications cannot have their timing changed and must be taken at specific intervals to maintain their effectiveness, as delaying doses may reduce the drug’s concentration in the body and weaken its effect.

Specialists emphasize that people with chronic conditions such as heart disease, diabetes, and cancer need to strictly adhere to their medications during Ramadan and should not stop or adjust them except under medical guidance.

Symptoms That May Indicate a Health Problem While Fasting During Ramadan, some symptoms may appear that require attention and medical advice, **including:**

- Persistent fatigue and dizziness: These may indicate low blood pressure.
- Nausea, and difficulty concentrating: These can result from dehydration or insufficient fluid intake.
- Increased risk of kidney stones: Due to reduced fluid intake during fasting hours.

- Digestive issues such as constipation, indigestion, which are common symptoms that can be reduced by following a healthy, balanced diet.
- Headaches and migraines: Many people experience these while fasting; if they persist or become more severe, a doctor should be consulted

Is fasting safe for cancer patients?

Fasting during cancer treatment might be a challenge for some patients, as it can increase the risk of malnutrition or deficiencies in essential nutrients. This, may lead to weight loss, increased fatigue, and delayed recovery. Therefore, if cancer patients choose to fast, it is recommended that they do so under medical supervision to ensure their nutritional needs are met, maintain a healthy weight, and avoid potential complications.

It is common for cancer patients to experience a loss of appetite for several reasons, including:

- Cancer treatments and their side effects
- Pain or constipation
- Sadness or depression
- Anxiety and stress

To help prevent malnutrition, the following guidelines may be helpful:

- Eat small, frequent meals throughout the day; using a reminder or alarm for mealtimes can help.
- Take advantage of times when appetite is better, such as in the morning hours.

- Engage in light physical activity, if possible, to stimulate appetite.
- Keep easy to eat, ready to use foods available at home or while outside.
- Use nutritional shakes when needed.
- Reduce intake of fried and high-fat foods, as they may be difficult to digest and cause early fullness

Resources

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Breast cancer organization

Yeditepe University

MD Anderson Cancer Center