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Ramadan fasting in elderly diabetics regarding new guidelines dar idf 2021**Rachid Malek***Universite Ferhat Abbas, Algeria*

Diabetes in the elderly has its own particularities in relation to diabetes-related precautions, including the risk of diabetic imbalance, particularly hypoglycemia and hyperglycemia. The chronic complications of diabetes often worsen the experience of older people living with diabetes who often share some of the risks of geriatrics such as renal failure, sarcopenia, risk of falls, and cognitive problems. Fasting in Muslim countries is one of the 5 pillars of Islam. Its spiritual and socio-cultural importance makes its management more difficult for this category of patients. Prohibiting or rather not recommending fasting is not always easy for practitioners who are confronted with reluctant patients who persist in fasting. The new DAR IDF 2021 recommendations will undoubtedly contribute to the practitioner's approach but also to the patients through a risk score and a PRE-Ramadan therapeutic education. The objective of the recommendations is to limit the consequences of fasting in patients at risk and also to offer them a support to facilitate the decisions and to reinforce the adjustment of the diabetic treatments and the self-monitoring of the patients All this is possible only if health professionals, patients and their parents are informed.

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