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Effects of Ramadan Fasting on Stroke

of


Selçuk ÇOMOĞLU¹, Ahmet TEMİZHAN², Emel PEŞİNCİ¹, İzzet TANDOĞAN³, Şenay ÖZBAKIR¹

Medical Sciences

¹Department of Neurology, Numune Education and Research Hospital, Ankara - Turkey

²Department of Cardiology Faculty of Medicine, Selçuk University, Konya - Turkey

³Department of Cardiology Faculty of Medicine, İnönü University, Malatya - Turkey

 [Keywords](#)

 [Authors](#)



medsci@tubitak.gov.tr

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Abstract: The effects of fasting on humans have not been adequately investigated. Ramadan fasting is a great opportunity for scientific research due to its peculiar nature. With this in mind, we conducted research on the effects of Ramadan on stroke, which is one of the most common causes of death in adults. Patients hospitalized solely for ischemic stroke and intracerebral hemorrhage were evaluated retrospectively. The ratio of these cases to other patients hospitalized in the neurology department was determined. The in-hospital clinical course and mortality rates of the patients with stroke were evaluated. Within the entire cohort, the most frequently encountered type of stroke was ischemic ($P < 0.05$). The proportions of hemorrhagic and ischemic strokes had no statistically significant differences between the periods before Ramadan, during Ramadan, and after Ramadan ($P > 0.05$). The ratio of hemorrhagic stroke decreased in hypertensive patients during Ramadan ($P < 0.05$). In diabetic patients, the ratio of ischemic stroke increased in the month of Ramadan significantly ($P < 0.05$). Although Ramadan fasting had an adverse effect on diabetic patients with ischemic stroke, there was no negative effect on hypertensive patient with hemorrhagic stroke or stroke frequency. However, further prospective studies are needed to confirm our results. We think that to understand the effects of Ramadan fasting on stroke in humans evaluation in terms of risk factors such as diabetes and hypertension is required.

Key Words: Ramadan, fasting, diabetes, hypertension, stroke

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