EFFECTS OF DIET IN RAMADHAN FASTING MONTH ON THE DISEASE ACTIVITY OF RHEUMATOID ARTHRITIS PATIENTS

Introduction

• Rheumatoid arthritis (RA) is a chronic inflammatory disease characterized by joint swelling, joint tenderness and destruction of synovial joints, leading to a severe disability and premature mortality.
• Ramadhan is a holy month to Muslims to fast from dawn to sunset

Objective

• To assess the effects of diet in Ramadhan on disease activity of rheumatoid arthritis patients

Methodology

• Study Design
This is a retrospective case control study.
• Statistical Analysis
All quantitative data were recorded in Microsoft Excel before transported into Statistical Package of Social Sciences (SPSS) for analysis. The level of significance was set at 0.05.

Results

There was a decrease in the mean of DAS28 in both cohorts after Ramadhan but it was not significant.

Discussion

• There was a decrease in the amount of food taken across a majority of the food categories (all except seafood). There was a significant reduction in the intake of rice and high calorie foods.
• In this study, the significant decrease in food intake during Ramadhan did not result in significant changes in RA disease activity or symptoms

Conclusion

• Significant dietary changes during Ramadhan contributed to a reduction in RA disease activity although this was not statistically significant

Reference