

Safety and Tolerability of Sodium Glucose Co-Transporters-2 Inhibitors Among Elderly Patients with Type 2 Diabetes Fasting Ramadan

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Abstract:

Background:

One of the main five pillars of Islam is Ramadan fasting & it may carry some hazards on some patients especially elderly patients. Sodium Glucose Co-Transporter-2 (SGLT2i) is a new family which introduced in the market few years ago & used to treat patients with Type 2 Diabetes (T2D).

Objective:

The objective of this study is to investigate the safety and tolerability of SGLT2i among elderly patients with T2D fasting Ramadan.

Patients and methods:

The current study was conducted on 100 patients aged 60 years and more, both males and females (Group 1: 50 patients on vildagliptin & metformin and Group 2: 50 patients on empagliflozin & metformin). Glycated hemoglobin (HbA1c) & estimated glomerular filtration rate (eGFR) were

measured before & 2 months after Ramadan. Episodes suggesting hypoglycemia and/or volume depletion were estimated. Days to breakfasting were also compared.

Results:

The mean age among group 1 is 65.34 + 2.9 years versus 66 + 3.4 years among group 2 [P value: 0.25]. Mean HbA1c before Ramadan is 7.26±0.46 among group 1 versus 7.28±0.53 among group 2 [P value: 0.87]. No statistically significant difference regarding episodes suggesting 1

hypoglycemia and/or volume depletion nor days to break fasting.

Conclusion:

The conducted study has addressed that SGLT2i may be used safely & well tolerated among elderly patients with T2D fasting Ramadan if patients well prepared & educated before Ramadan.

Keywords:

Elderly; Type 2 Diabetes; Ramadan Fasting; SGLT2 inhibitors.