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THE ARIF TIMES

Achieving Resilient and Inspiring Families

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Welcome to The ARIF Times

This is part of the Temasek Foundation Project ARIF (Achieving Resilient and Inspiring Families) which is a pilot programme for pre-marital or married couples especially the newlyweds.

We invite each and every one of you to remain inquisitive to seek information from us as subject matter experts in maternal and child health. Our team comprises clinicians, nurses, medical social workers and invited Naib Kadis/Asatizahs. Topics range from relationship, pre-pregnancy, maternal health, child health and parenting matters.

The ARIF Times aims to complement our webinar SaturDATE with ARIF series and engagement sessions at Project ARIF Resource Centres.

Join us in this mission to support the New Generation!

Facts on fasting

In pregnancy, we may be required to fast in various circumstances. We would need to fast when we undergo an oral glucose tolerance test (OGTT) to determine if we have gestational diabetes (diabetes in pregnancy). We would also be required to fast prior to an elective surgery. For the Muslims, pregnant women are a group who are exempted from fasting but if they are well, they should be able to do so. This bulletin caters for the pregnant ladies who wish to fast during Ramadhan.

Benefits of fasting



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Possible impact on pregnancy

Possible impact:

- Prevents excessive weight gain.
- Lowers risk of developing gestational diabetes, compared with pregnant women who do not fast.
- Little difference in the outcome of pregnancy between those who fasted and those who did not fast.
- May increase the risk of lower birth weight and premature labour.

Hence, there is no strong consensus on the detrimental health effects of fasting during pregnancy.

Exemptions to fasting

Who should NOT Fast?

Individuals who have/are:

- Underlying medical condition and need to be on regular medication.
- Underlying pregnancy-related issues like recurrent bleeding in pregnancy, vomiting in pregnancy.
- Any other reasons that can cause threat to your health or your baby.
- Unable to sustain fasting.
- Any worry for one's health or child's health during pregnancy.



There is no strong consensus on the detrimental health effects of fasting during pregnancy.

Some matters to consider when you choose to fast in pregnancy...

- Identify any risk factors
- As per your comfort level
- Discuss with your obstetrician and gynaecologist
- Trial of fasting before Ramadhan, eg. gradual duration of fasting
- Timely breaking of fast (iftar)
- Do not skip pre-dawn meal (sahur)
- Continue taking multivitamins
- Keep active or 'moving', yet not to overexert
- Break fast if you feel faint, baby is not moving or at any point, if you have any doubts that by continuing the fasting, this will affect you or baby.

Fasting while breastfeeding

Studies suggest that fasting while breastfeeding does not affect nutrient levels in breastmilk and growth in babies. However, water intake and energy level will be reduced significantly when a breastfeeding mom fasts. Hence, it is important to remain well-hydrated after she breaks fast till before the start of fasting.

Kindly ensure that the decision to fast is tailored to the respective individual, medical condition and also the needs of the nursed baby. One needs to be well-rested so that she can nurse her baby well. At any point, if you feel unwell or experience any symptoms that affect function or ability to nurse baby, kindly break the fast early.

Adequate preparation to welcome Ramadhan is crucial, both physically and mentally.

*Project ARIF wishes all of you a
Blessed Ramadhan.*

Stay safe and healthy always.

At any point, if you feel unwell or experience any symptoms that affect function or ability to nurse baby, kindly break the fast early.

