

To whom it my concern.

Dated: April 16, 2018

I, Manzur Bhinder, am 78 years old and have had Type 2 Diabetes for over 35 years. Being a Muslim, fasting in Ramadan is one of the pillars of my faith and can pose challenges for patients. Through education around modifications in diet, physical activity and medications, I am proud to say that I have been able to fast every single day of Ramadan over the last 50 years, without experiencing any adverse events. I am proud of being an example of how patients with diabetes can fast during Ramadan with the help of their physician and diabetes educators.

Being a part of the formulation process of the first Position Statement on fasting with Diabetes during Ramadan has allowed me to share my experiences with the expert faculty drafting this statement. I fully endorse this effort and hope that it will help healthcare practitioners in helping guide patients with diabetes who wish to fast during the month of Ramadan.

I permit my name and other information shared above to be published in a medical journal.

Sincerely,



Manzur Bhinder

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