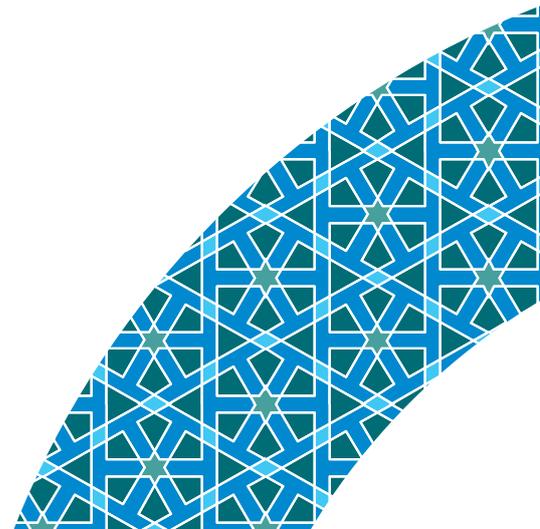


GLOSSARY





ACRONYM/ TERM	EXPLANATION
Numbers	
7-point glucose monitoring	Fasting blood sugar, post-prandial blood sugar, pre-lunch, post-lunch, pre-dinner, post-dinner, midnight
95% CI or CI	95% confidence interval - provides information on the true population value of an estimate
A	
Acrophase	The time period in which a cycle crests or peaks - in relation to circadian rhythm
ACS	Acute coronary syndrome
ADA	The american diabetes association
Adiponectin	A hormone produced primarily in adipose tissue that plays a role in regulating glucose levels and fatty acid breakdown
AEE	Activity energy expenditure
APS	Artificial pancreas system
B	
BG	Blood glucose
BID	Twice a day insulin
C	
CAD	Coronary artery disease
Catecholamines	These are hormones made by your adrenal glands, which are located on top of your kidneys. Examples include dopamine; norepinephrine; and epinephrine (also called adrenalin or adrenaline).
CGM	Continuous glucose monitoring
CKD	Chronic kidney disease
Closed loop	Combination of a continuous glucose monitoring system and an insulin delivery system
CNS	Central nervous system
Complex carbohydrates	Made up of sugar molecules, complex carbohydrates have longer chains of sugar molecules than simple carbohydrates and have a more gradual impact on blood glucose levels
Cortisol	A steroid hormone made in the adrenal glands that has a wide range of effects including regulating insulin and decreasing hepatic glucose output
COVID-19	Coronavirus disease 2019
CSII	Continuous subcutaneous insulin infusion
CVD	Cardiovascular disease
D	
DAR	Diabetes and Ramadan - of the diabetes and Ramadan alliance
Dyslipidaemia	This is a broad term describing a number of conditions, including hypercholesterolaemia, hyperlipidaemia and mixed dyslipidaemia, in which disturbances in fat metabolism lead to changes in the concentrations of lipids in the blood

ACRONYM/ TERM	EXPLANATION
E	
eGFR	Estimated glomerular filtration rate is a measure that is used to assess kidney function
ESS	Epworth sleepiness scale
F	
FDA	Food and drug administration
FFA	Free fatty acids
FGM	Flash glucose monitoring
Fidya	Donations of money and/or food to the poor when a fast is missed or broken during Ramadan
G	
GDM	Gestational diabetes mellitus
Glucagon	A peptide hormone produced by the alpha cells of the pancreas. It works by increasing glucose levels in the blood stream.
Gluconeogenesis	This is a metabolic pathway that results in the generation of glucose from non-carbohydrate carbon substrates such as lactate, glycerol, and glucogenic amino acids.
Glycaemic index (gi)	A rating system for carbohydrates and their impact on blood glucose levels
Glycogen	A multibranched polysaccharide of glucose that serves as a form of energy storage.
Glycogenesis	This is the process of glycogen synthesis, in which glucose molecules are added to chains of glycogen for storage. This process occurs in the liver, and is also activated by insulin in response to high glucose levels.
Grhelin	A hormone made from endocrine cells of the gastrointestinal system that promotes hunger and eating
H	
HbA1c	Glycated hemoglobin is a form of hemoglobin that is chemically linked to a sugar, it can be measured in units of mmol/L or as a percentage
HCP	Healthcare professional
HDL	High-density lipoprotein, or "good" cholesterol, absorbs cholesterol and carries it back to the liver.
HF	Heart failure
HIP	Hyperglycaemia in pregnancy
HOMA-IR	Homeostatic Model Assessment of Insulin Resistance
Honeymoon period	The period in which the pancreas of a newly diagnosed person with T1DM is still able to produce its own insulin. There is no hard and fast rule as for how long this period lasts
HSCRp	High sensitivity C-reactive protein. This is a substance produced by the liver, generally when levels of inflammation are high
Hyperglycaemia	A rise in blood glucose levels above safe levels
Hypoglycaemia	A fall in blood glucose levels below safe levels
Hypothyroidism	An underactive thyroid gland (hypothyroidism) is where your thyroid gland does not produce enough hormones



ACRONYM/ TERM	EXPLANATION
I	
ICR	Insulin carbohydrate ratio - this is a ratio of units of insulin per grams of carbohydrates e.g. 1 unit per 10 grams (1:10)
IDF	International diabetes federation
Iftar	The daily meal consumed during Ramadan before sunset
Imam	An Imam is a leadership role within Muslim communities. This includes leading prayers of worship and providing religious guidance.
Insulin	Insulin is a peptide hormone produced by beta cells of the pancreatic islets. It regulates the metabolism of carbohydrates, fats and protein by promoting the absorption of glucose from the blood into liver, fat and skeletal muscle cells
ISF	Insulin sensitivity factor - this is a factor that describes how much one unit of insulin will lower blood glucose levels. It is used to determine the correct doses to be given to patients.
K	
Ketones	Chemical produced from the breakdown of fats
Ketosis	A metabolic state in which there are elevated levels of ketones in the blood or urine
KSA	Kingdom of Saudi Arabia
L	
LDL	Low-density lipoproteins. It is sometimes called the "bad" cholesterol because a high LDL level leads to a buildup of cholesterol in your arteries.
Leptin	A hormone made from adipose tissue that helps regulate energy balance by inhibiting hunger
LGS	Low glucose suspend pumps
Lipoprotein	Are substances made up of protein and fat that help carry cholesterol through your blood stream. Higher levels of lipoprotein are generally associated with an increased risk of cardiovascular disease
Lockdown(s)	Government restrictions imposed on communities to prevent social contact and reduce viral transmission, seen in the COVID-19 pandemic
M	
Macrovascular disease	This is a result of damage to the larger blood vessels. It refers to any of the larger blood vessels including coronary arteries, aorta, and arteries within the brain and limbs
Maghrib	One of the obligatory 5 daily prayers in Islam - typically the first prayer of the day
MDI	Multiple dose injection therapy
Mean	Arithmetic mean
Melatonin	A hormone made in the pineal gland within the brain, it plays an important role in controlling the sleep cycle
Mena	Middle East and North Africa
Metformin	A drug used to treat people that have Type 2 diabetes mellitus
Mg/dl	Milligrams per decilitres this can be converted into mmol per decilitres by the conversion factor 18.018

ACRONYM/ TERM	EXPLANATION
M	
MI	Myocardial infarction
Microvascular disease	This is a result of damage the smaller blood vessels. It refers to the smaller blood vessels that branch off of the larger vasculature. Commonly causes complications in diabetes such as Retinopathy, neuropathy and Kidney disease
MNT	Medical nutrition therapy
MUFA	Monounsaturated fats
N	
N	Notation for sample size in research studies
NGS	next-generation sequencing
NPH	Natural protamine hagedorn insulin
P	
p value	P values highlight the strength of evidence against the null hypothesis, assuming the null hypothesis is true. A value below the level at which statistical significance can be taken is predetermined (usually, but not always 0.05)
PLGS	Predictive low glucose suspend pumps
Post-prandial	Occurring after a meal
Pre-prandial	Occurring before a meal
PUFA	Polyunsaturated fats
R	
RAI	Rapid analogue insulin
Raka'ahs	Iterations of movements in prayers
Ramadan	Holy Month and one of the five pillars of Islam; healthy Muslims after the age of puberty are obliged to fast for the duration of Ramadan
RCTs	Randomised controlled trials
rDNA	ribosomal deoxyribonucleic acid
REM sleep	Rapid eye movement sleep is a key stage of the sleep cycle that is linked with improving and retaining memory.
RF	Ramadan fast
RMR	Resting metabolic rate
RNP	Ramadan nutrition plan
S	
SARS-CoV-2	Severe acute respiratory syndrome coronavirus 2
SD	Standard deviation
Sha'ban	The last month before Ramadan
Shawwal/shawal	The month after Ramadan



ACRONYM/ TERM	EXPLANATION
S	
Simple carbohydrates	Made up of sugar molecules, simple carbohydrates have shorter chains of sugar molecules than complex carbohydrates and have a more immediate impact on blood glucose levels
SMBG	Self monitoring of blood glucose
Sodium-glucose Cotransporter-2 (SGLT2) Inhibitors	These can also be known as Gliflozins. There are a class of drugs that work on reducing the amount of blood glucose levels and are effective in treating people with Type 2 diabetes mellitus by acting on the kidneys. The kidneys excrete glucose to lower the levels in the blood. Drugs in this class include - canagliflozin, dapagliflozin, empagliflozin
Suhoor	The daily meal consumed during Ramadan before dawn
Sulfonylureas	A class of anti-diabetic drugs that cause release of insulin through acting on the pancreatic beta cells, usually used in people with type 2 diabetes mellitus; drugs in this class include - glibenclamide, glimepiride, gliclazide
T	
T1DM	Type 1 diabetes mellitus
T2DM	Type 2 diabetes mellitus
Taraweeh	Additional ritual prayers performed at night
TEE	Total energy expenditure = RMR+AEE+TEF
TEF	Thermic effect of food. This forms a part of energy expenditure
TG	Triglycerides
Thiazolidinediones	Commonly represented by the acronym tzd; this drug class work through activating the peroxisome proliferator-activated receptors that help in treating type 2 diabetes mellitus
TIR	Time in range - proportion of time in target glucose levels
TST	Total sleep time
U	
UAE	United Arab Emirates
UK	United Kingdom
Z	
Zakah	The practice in which muslims provide charity to people that are less fortunate