

by assessing weight before and after Ramadan in all groups but there wasn't any significant changes in body weight except in group II and group V as showing in table (1)Table (1)Comparison among different groups according to weight

Variable	Group I	Group II	Group III	Group V	Group VI	Total
Weight before Ramadan						
Mean \pm SD	82.65 \pm 7.16	80.7 \pm 9.8280	78.06 \pm 6.4775.5	85.92 \pm 11.27	78.2 \pm 8.7885	81.01 \pm 8.9682.5
Median	85	(65:95)		90 (65:97)		
Weight after Ramadan						
Mean \pm SD	82.45 \pm 7.46	81.07 \pm 9.74	78.17 \pm 6.5975	85.08 \pm 11.89	79.6 \pm 8.3085	81.17 \pm 8.9582.5
Median	85	80.5		90)		
P comparing before & after	0.16	0.09	0.43	0.17	0.001	0.24
Change in weight						
Mean \pm SD	-0.2 \pm 0.620 (-2:1)	0.4 \pm 1.250 (-2:3)	0.11 \pm 0.580 (-1:2)	-0.83 \pm 1.950 (-5:0)	1.4 \pm 0.972 (0:2)	0.16 \pm 1.250 (-5:3)

by assessing HbA1C before and after Ramadan in all groups and by compare different pairs of groups according to HbA1C change there was significant changes at group V by comparison with group I and group II. Also there was slightly significant changes at group VI by comparison with group I and group II as showing in table (2).Table (2)Comparison different groups according to Hba1c

Variable	Group I	Group II	Group III	Group V	Group VI	Total
HbA1C before Ramadan Mean ± SD Median	7.57±1.29 7.2 (5.7:10.5)	8.69±2.11 8.2 (5.6:14.5)	7.2±1.03 7 (6:10.5)	8.33±1.81 7.6 (7:11.3)	6.94±1.38 7 (5.2:8.6)	7.9±1.75 7.3 (5.2:14.5)
HbA1C after Ramadan Mean ± SD Median	7.60±1.24 7.3 (5.9:10.3)	8.73±2.07 8.2 (5.7:14.5)	7.04±0.95 6.95 (6:10)	8.30±1.83 7.5 (6.9:11.3)	6.87±1.27 6.9 (5.3:8.4)	7.88±1.74 7.3 (5.3:8.4)
P comparing before & after	0.25	0.11	0.02	0.04	0.11	0.19
Change in HbA1C Mean ± SD Median	0.03±0.11 0 (-0.2:0.2)	0.04±0.13 0 (-0.2:0.3)	-0.16±0.25 -0.1 (-0.5:0.4)	-0.03±0.05 0 (-0.1:0)	-0.07±0.13 -0.1 (-0.2:0.1)	-0.02±0.17 0 (-0.5:-0.4)

And by comparison among all groups according to non-fasting day and complications as hypoglycemia was found that occurrence of them with group II more than with others groups as showing in table (3,4)

Table(3)Comparison among different groups according to non-fasting day and complications

Variable	Group I	Group II	Group III	Group V	Group VI	Total	P value
Non fasting days Mean ± SD	4.0±1.41	4.57±2.88	1.5±0.71	2.0±0	0	3.5±2.4	0.053
Hypoglycemia No Yes	20 (100%) 0	21 (70.00%) 9 (30.00%)	17 (94.44%) 1 (5.56%)	12 (100%) 0	10 (100%) 0	80 (88.89%) 10 (11.11%)	0.002
Hyperglycemia No Yes	18 (90.00%) 2 (10.00%)	27 (90.00%) 3 (10.00%)	16 (83.33%) 2 (11.11%)	10 (83.33%) 2 (16.67%)	6 (60.00%) 4 (40.00%)	77 (85.56%) 13 (14.44%)	0.18

Table (4) P values of comparison of different pairs of groups according to Hypoglycemia

	Group I	Group II	Group III	Group V	Group VI
Group I	1.00				
Group II	0.007	1.00			
Group III	0.47	0.07	1.00		
Group V	1.00	0.04	1.00	1.00	
Group VI	1.00	0.08	1.00	1.00	1.00