



14th July 2010

Keeping healthy in Ramadan

Faith in Health a project of East London Mosque Trust (ELMT), in partnership with NHS Tower Hamlets, delivered a successful training programme today.

The aim of the training day was for the Imams to be able to reassure their followers – based on the sound medical advice offered – that prioritising their health is not going against their religious beliefs.

It is believed that many Muslims being treated for potentially life-threatening conditions fail to take their medication properly for fear of breaking the traditional fast, while others miss important GP or hospital appointments.

The event reached out to 92 Imams and Islamic teachers, putting a key emphasis on “Keeping Healthy”, during the holy month of Ramadan.

Topics covered included: -

- **How to live with diabetes in Ramadan**
- **Adherence to medication during Ramadan**
- **Living healthy in Ramadan**
- **Cardiovascular diseases**
- **Cancer**

Faith in Health Lead Rayhan Uddin commented: “Engaging Mosques and Imams have been very challenging in the past. Delivering Imam training and working together on common health issues for the past few years have given the Imams and religious leaders much confidence in delivering key health messages to their congregations.”

Shaikh Abdul Qayum, imam and khateeb of the East London Mosque, said: "Islam has great flexibility for those with medical conditions during the month of Ramadan. Every case is unique and I would encourage people to seek advice from their doctors and imams on the best course of action rather than try to adjust their medical plans on their own which may result in a detriment to their health."

Professor Sir Mike Richards, the Government's national cancer director, also welcomed the Ramadan campaign.

He said: "This is an important initiative which will promote awareness of cancer and other conditions. Muslim patients can be confident about taking medication and coming to hospital appointments during Ramadan.

We are grateful to the Imams and scholars who are working in partnership with hospital and local health services to ensure that the message is heard within the community."

[ENDS]

Notes to editors:

- The East London Mosque (ELM) & London Muslim Centre (LMC) sits at the heart of London's diverse East End. The mosque works to promote tolerance and understanding to all sectors of the community. It enjoys excellent interfaith relations.
- Faith in Health is a project of the East London Mosque Trust, in partnership with NHS Tower Hamlets. It aims to create awareness in the community of the health services available to them. Working in partnership with the local health authority as well as other organisations, projects and services, it organises a range of events and initiatives which create access to the numerous different health services available to the community.
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