

Inhalers use for asthma or COPD during Ramzan (Ramadan) fasting

Asthma and COPD are common diseases. Patients who suffer from asthma or COPD need to fast during Ramadan. It is important to have a good control of airway disease for successful fasting.

During Ramadan, it is important to continue using your inhaler as prescribed by your doctor, even if you are fasting. Inhaled medications for asthma work locally in the lungs and do not have a significant impact on the rest of the body's metabolism. Therefore, using your inhaler should not interfere with your fast.

It is important to discuss any concerns you may have about managing your asthma during Ramadan with your doctor. They can provide personalized advice based on your individual health needs and may be able to recommend adjustments to the timing or dosage of your medication to help manage your symptoms during fasting.

It is also important to monitor your asthma symptoms closely during Ramadan and seek medical attention immediately if you experience any worsening of your symptoms or have an asthma attack. Remember to stay hydrated, take your medication as prescribed, and avoid any triggers that may exacerbate your asthma symptoms.

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