

International Conference on  
**Diabetes, Endocrinology and Metabolic Syndrome**  
&  
Annual Summit on  
**Diabetes, Obesity & Heart**

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## **Mirza Saima Mahmud**

*Dubai Hospital, UAE*


### **Impact of fasting on cardiovascular diseases and various metabolic parameters**

Muslims observe fast from sunrise to sunset, during the month of Ramadhan. This long period of fasting, has a significant impact on patients with acute coronary syndrome and decompensated heart failure. Over the last 12 years, Mirza Saima Mahmud worked in 3 of the top hospitals in Dubai and was part of few studies in related topics. In this presentation, she will articulate how in diabetic patients - fasting impacts different metabolic parameters and comparison of these changes - before and after the month of fasting.

#### **Speaker Biography**

Mirza Saima Mahmud has completed her MBBS from Sir Salimullah Medical college, Dhaka followed by MRCP UK. Over last 12 years she has worked with Rashid Hospital, Al Baraha Hospital and Dubai Hospital – all leading government run healthcare facilities. She takes special interest in serving underprivileged community and is keen to generate awareness in prevention on cardiovascular diseases. She has organized multiple free medical camps screening 100's of patients. She is also a coordinator for SAVE A HEART charity that supports underprivileged people for Cardiac Intervention. She participates in research studies along with her work in Dubai Hospital and has won awards from Dubai Health Authority and Bangladesh Consulate, UAE for her charity initiatives.

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