



## Editorial

# Intermittent Fasting, Ramadan Fasting, and Nutrition in the Elderly

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Welcome to the third issue of Journal of Diabetes and Endocrine Practice in 2023. We have three review articles, one original article, and one case report. We hope they make an interesting and useful reading.

The three review articles are somewhat related to the common theme of fasting and nutrition. First, The “Ramadan fasting and diabetes” review by Khadija Hafidh et al from the MENA Endocrine Group provides a comprehensive summary of the international literature productivity in 2022. Second, the effect of intermittent fasting versus continuous caloric restriction on body weight and metabolic parameters in adults with overweight or obesity is narrated by Jessica Abou Chaaya and colleagues from the American University of Beirut. Third, the challenges and management strategies in

the nutrition of older people with diabetes are appraised by Khalid Farooqui et al from Hamad Medical Corporation of Doha, Qatar.

The single original article By Maryam Salim Alrawahi and Hussain Alsaffar presents the knowledge and confidence of Omani pediatric residents in managing diabetic ketoacidosis investigated by an online survey. The case report is from pediatric endocrine practice. The case presents a slipped capital femoral epiphysis after 2 months from starting growth hormone therapy by Wasnaa Hadi Abdullah and Hussain Alsaffar.

**Conflict of Interest**

None declared.

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