

## REVIEWER'S REPORT

Manuscript No.: JNHM-097

**Title: IMPACT OF RAMADAN FASTING ON BLOOD GLUCOSE LEVELS: A CASE CONTROL PILOT STUDY**

### Recommendation:

Accept after major revision .....

| Rating         | Excel. | Good | Fair | Poor |
|----------------|--------|------|------|------|
| Originality    |        |      | ✓    |      |
| Techn. Quality |        |      | ✓    |      |
| Clarity        |        | ✓    |      |      |
| Significance   |        | ✓    |      |      |

Reviewer's ID: JPR-198

Date: 09-05-2026

### *Detailed Reviewer's Report*

The manuscript evaluates the impact of Ramadan fasting on glucose levels in diabetic and non-diabetic individuals. The topic is relevant and timely, particularly in populations with high diabetes prevalence. However, the study has important methodological limitations, small sample size, and limited analytical depth. Major revision is required before publication consideration.

### Major Comments

1. The study is described as a "case control pilot study," but the design is more consistent with a small prospective observational study. The terminology should be corrected.
2. The sample size is very small (n=40), limiting statistical power and generalizability. In addition, important clinical details such as diabetes type, medication use, dietary intake, and fasting duration are not adequately described.
3. Blood glucose measurements were obtained using a glucometer after only 6–7 hours of fasting, which may not accurately represent standard fasting glucose assessment during Ramadan.
4. The statistical analysis is basic and limited to t-tests. No adjustment for confounding variables was performed.
5. The discussion is largely descriptive and does not critically address study limitations or compare findings in depth with previous literature.
6. Language and formatting require editing, with several grammatical and spacing inconsistencies throughout the manuscript.