**Religion (Islam)**

**Judging from your religious beliefs and practices, how religious can you say you are?**

I would consider myself as a fairly strict Muslim as I attend the Mosque on a regular basis and strictly adhere to the laws written in the Qur’an. I also hold my religious beliefs close to my heart.

**The religion of Islam has some forbidden food restrictions that are deemed haram when consumed, what is your diet like in relation to these food restrictions?**

Due to my strict religious beliefs, I only eat food products that are halal certified, as it has to be slaughtered correctly in the name of Allah. I also don’t eat any pork meat or products made from pig. Drinking alcohol is also prohibited in my religion so I don’t drink alcohol or take any products that contain alcohol.

**In regards to medications made up of gelatin and medications containing alcohol as an ingredient, what are your personal experiences and opinion in relation to this concern?**

Personally I avoid all medications that are made up of gelatin derived from pigs. While, other gelatin products that are derived from another animals have to be halal certified for me to take it. I try my best to steer away from medications containing gelatin and look for alternatives such as veggie caps and tablets. In relation to alcohol, I avoid taking products that contain alcohol as an ingredient since it is forbidden in my religion.

**I know that fasting is a fundamental element during the period of Ramadan. However, there are many elderly Muslims who have chronic conditions and thus, should be taking their medications on a regular basis. How do your family members with chronic conditions such as diabetes, hypertension and hyperlipidemia go about with fasting and taking their medications?**

The elderly members in family can choose to fast or not to but they still continue to take their medication on a regular basis. According to my religion it’s okay to not fast when you have a sickness as it ‘s about sacrificing what you enjoy while not causing pain. However, if they choose to not fast during Ramadan then they donate money to charity as a sacrifice.

**The last question relates to your personal experience with medications during the period of Ramadan. How would you clarify your boundary for the need to take medications for a condition and thus, break your fast?**

For myself during the period of Ramadan I think you shouldn’t take medications unless your condition is unbearable. For example if I had a headache I wouldn’t take any pain relief medication and ill just let the headache resolve itself. Unless the condition is life threating I wouldn’t break my fast by taking medications.