

MDA NEWSLETTER

Support our work to reduce health inequalities. Together, we can build healthier, fairer communities for all.

MARCH, 2025



MESSAGE FROM THE CHAIR

Eid Mubarak! As we approach the final stretch of this blessed month, I extend my warmest greetings to you all and pray that this has been a month filled with blessings for you and your loved ones. Ramadan is a time of reflection, renewal, and community, and at MDA, our mission remains steadfast—to ensure equitable healthcare, advocate for inclusive policies, and support the well-being of Muslim communities across the UK. We are also acutely aware of the multiple humanitarian crises across the world and remain committed to supporting humanitarian and advocacy efforts.

This month, we have been focusing on key health concerns affecting many during Ramadan, from safe fasting for those with diabetes and chronic illnesses to mental and emotional well-being.

Through our Ramadan Health Awareness Training, we have equipped individuals with the knowledge and resources they need to fast safely.

We also continue our work in tackling Islamophobia in healthcare, advocating for diversity and inclusion, and supporting Muslim women in healthcare.

We invite you to stay engaged, explore our resources, and reach out for guidance. Let's make this Ramadan a time of health, empowerment, and positive change—for ourselves and our communities.

Our work wouldn't be possible without the support of our generous well-wishers. In these blessed days, please do consider supporting our community, campaigning and advocacy work to eliminate health inequities, improving healthcare inclusion, and tackling health injustice.

Wishing you all the blessings and health for the remainder of Ramadan!

Dr. Hina J Shahid
Chair, Muslim Doctors Association

NEWS & UPDATES

Muslim Doctors Association (MDA) was proud to collaborate with Hounslow Muslim Centre and British Islamic Medical Association for the **Healthy Ramadan** event on 15th February 2025. Held after Zuhr, the session empowered the community with expert insights on physical, mental, and spiritual well-being during Ramadan.

MDA doctors engaged attendees on managing fasting with health conditions, medication use, and staying energised throughout the month. Participants also benefited from **free health checks**, including blood pressure and BMI assessments, with diabetic patients receiving **continuous glucose monitors** for better management. MDA remains committed to supporting Muslim communities with **health awareness and advocacy**. Stay connected for more initiatives!

MDA JOINS HEALTHY RAMADAN EVENT AT HOUNSLOW MUSLIM CENTRE



MDA was honored to be part of a remarkable collaboration at East London Mosque & London Muslim Centre, where seven Muslim professional networks came together for a truly inspiring Iftar gathering.

MDA was proud to join this meaningful evening, fostering unity, faith, and professional connections across industries, and in particular, raising awareness of Ramadan and fasting amongst our non-Muslim colleagues. Events like these remind us of the power of coming together, celebrating our shared values, and strengthening our communities.

A heartfelt thank you to all involved—may this collaboration continue to grow!

A flyer for the 'A Healthy Ramadan' event. At the top, there are logos for BIMA (British Islamic Medical Association), Hounslow Muslim Centre (with Arabic text 'هونسلاو مسلم سينٹر'), and Muslim Doctors Association. The main title 'A Healthy Ramadan' is in large, bold black letters. Below it, the date and time are '15th February After Zuhr salah at 1.15pm'. The text 'Come and learn about:' is followed by a list of topics: 'Physiological changes during fasting, permissibility of medications, staying fit and energetic, nurturing your mind, social community and wellbeing and of course spiritual vitality and enhancing inner peace during this sacred month.' Below this, it says 'We will measure:' followed by a bulleted list: 'your blood pressure' and 'your weight and BMI'. Then, it says 'We will sign diabetic patients up for a FREE 10-day continuous glucose monitor'. At the bottom, there are two lines: 'SIGN UP: bit.ly/signuphounslow' and 'DONATE: bit.ly/ramadanhounslow'. The background of the flyer shows images of healthy food like raspberries and kiwi.A poster for 'SADQA AND DONATIONS'. The top text says 'Join MDA to Provide FREE HEALTH CHECKS to Muslim Women with your SADQA AND DONATIONS'. In the center, there is an image of a tablet displaying the Muslim Doctors Association logo and a green checkmark with the text 'DONATION SENT'. At the bottom, it says 'Donate from anywhere in the world' and provides the URL 'muslimdoctors.org/donation/pay' in a white button.

NEWS & UPDATES



BREAKING BARRIERS: WELCOMING DR. ENAM HAQUE AS MDA'S EDI CO-LEAD

We're thrilled to welcome Dr. Enam Haque as our new Equity, Diversity & Inclusion Co-Lead! His expertise will strengthen MDA's mission to ensure healthcare is inclusive for all. A key area of our current work focuses on working with the GMC on its education reform and championing faith inclusion.

We were also pleased to attend the GMC's inaugural Race Equality Forum meeting and highlighted four areas of priority concerns:

- Better quality data to analyse intersectional discrimination and outcomes for doctors
- Addressing concerns raised in the GMC's 2023 SoME report which highlighted disparities for Muslim doctors in training
- Concerns raised about the GMC's role in restricting freedom of speech as highlighted by the war in Gaza
- Workforce challenges including employment issues and job security compounded by the introduction of PAs and AAs which the GMC is regulating

Would you like to contribute to our EDI policy and advocacy work? Contact our EDI team at Equality@muslimdoctors.org



MDA PODCAST LAUNCH: AMPLIFYING VOICES IN HEALTHCARE

On 20th February 2025, MDA proudly launched its **new podcast series**, providing a platform to discuss key health challenges, expert insights, and the lived experiences of our communities. This initiative aligns with our mission to address health inequalities and empower individuals through knowledge.

Stay tuned for more discussions on vital health issues impacting Muslim and underserved communities in the UK. If you have any ideas or suggestions about topics to explore or would like to contribute to the series, please email chair@muslimdoctors.org



HAPPY INTERNATIONAL WOMEN'S DAY FROM THE MDA!

This International Women's Day (March 8th) and Muslim Heritage Month, we're celebrating Muslim women in healthcare and advocating for a discrimination-free workplace.

As a female-led organisation, we are committed to gender equity and supporting women in leadership. We understand the deep intersectional discrimination that Muslim women experience in healthcare, as evidenced by our reports *The Triple Penalty* and *Excluded on the Frontline*.

We are committed to working with healthcare organisations and institutions to offer support on recognising and responding to Islamophobia and promoting inclusive work and training environments. If you are interested in hosting MDA at your workplace or organisation, please contact chair@muslimdoctors.org.



Thank You for Your Support!

MDA is a registered social enterprise with charitable objectives, ensuring that every donation directly supports projects aimed at improving health and empowering communities to lead healthier lives. Your contributions help sustain our vital work and expand our impact.

As a female-led organisation, driven by dedicated volunteers and guided by Islamic principles of compassion and justice, we are committed to addressing health inequities and advocating for underserved communities across the UK. By supporting MDA, you enable us to continue delivering outreach initiatives, advancing research, and driving policy change to create a fairer, healthier future for all.

A banner for the Muslim Doctors Association. On the left, a smiling female doctor in a blue uniform and white hijab holds a clipboard, talking to a patient in a white uniform and blue hijab. On the right, the MDA logo is at the top, followed by the text "DOUBLE YOUR IMPACT" in large white letters, then "for Muslim Women's Health in the last 10 nights" in smaller white letters. At the bottom right is a red button with the text "DONATE NOW" in white.

MUSLIM DOCTORS ASSOCIATION

DOUBLE YOUR IMPACT

for Muslim Women's Health
in the last 10 nights

DONATE NOW