



Dr. J. Leo Gounalane M.D.,

(Specialist in Internal Medicine and Diabetes)

Regd. No. 50593

R

ID : 19073

DATE : 02/11/2022

NAME : Mrs.APSAR BEGAM

AGE / GENDER : 43 Years / Female

Current Complaints / Observations:

DM2 since 2 years on HM 30/70 10-0-15 uts + Okamet 500 BD - poor glycemic status - to revise medications / Normotensive / Dyslipidemia for statin / Past Pulmonary Embolism - on Dabigo

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BP: 127 /90 mmHg, FBS: 206 mg/dl, PPBS: 302 mg/dl, HbA1c: 13.4 %, T.Chol: 218 mg/dl, HDL: 50 mg/dl, LDL: 114 mg/dl, TGL: 265 mg/dl, B Urea: 16 mg/dl, S.Creat: 16 mg/dl, eGFR: 0.8, S. Uric Acid: 3.7 mg/dl

1) INJ.HUMAN MIXTARD 30/70 VIAL

14 units — 0 — 14 units

14 units before breakfast - 14 units before dinner (1 Month)

2) TAB.ISTAMET 50/500

1 — 0 — 1

1 tablet before breakfast - 1 tablet before dinner (1 Month)

3) TAB.AZTOR 10 MG

0 — 0 — 1

1 tablet after dinner (1 Month)

Advice :

1500 Kcal Diabetic Diet

Regular walking 30 mins per day

Dr.Leo Gounalane J MD

NextReview: 02/12/2022

Tests to be taken for next visit: FBS,PPBS, UACR