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Biman Saha C/o- Pradhan Mantri Bhartiya
Janaushadhi Kendra Near Madarihat Rural
Hospital entry gate Vill- Aswaninagar 2 no.
Ward P.O+P.S- Madarihat Dist -Alipurduar
West Bengal- 735220

Name: Suraj Jeswara
Age/Gender: 26y/Male

Date: 12 Oct/2021

Dr. Naga Mahesh Boya (Physician)

Chief Complaints

complaint

Allergies

- no

Diagnosis

- yes

Prescription

Sl.	Medicine Name	Dosage	Freq.	Duration	Instructions
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1	name1	dosage1		duration1	ins1
2	name2	dosage2		dura2	inst2

General Advice

no

- Diet:-

1. Reduce overall calorie intake
2. Prefer Fibre rich foods - banana, apples pears, beans, legumes etc
3. Some protein needs to be at lunch breakfast and dinner. You can choose milk, curd, dal, channa, rajma.
4. Consume omega 3 fatty acid rich foods like seafood, chia seeds and walnuts
5. Use cold pressed oils instead of refined oils for cooking
6. Eat 2-3 fresh and seasonal fruits a day.
7. Add vegetables and salad in lunch and Dinner.
8. Avoid chocolates, chips, cakes.
9. Some protein needs to be at lunch breakfast and dinner. You can choose milk, curd, dal, channa, rajma.
10. Avoid refined oils, sugars (reduce oily food in diet), deep fried items and foods from outside.
11. Avoid ice creams and sweets.
12. Avoid excess jaggery and sugar intake

Follow up :-

Review with Fasting Lipid Profile/ Liver Function Test after 3 months

Open a new case with mfine dietitian - in view of diet plan to lowering the body fats and follow diet chart.

- DIETARY ADVICE:

Include these foods in your diet.

- a. Veg Sources- Fortified Nutritional Yeast, Milk and Dairy Products like Cheese, yogurt, fortified plant based milk
- b. Non Veg Sources- Fish, Animal Meat, Eggs.

RED FLAG SIGNS:Consult a doctor if onset of any of these symptoms

- a sore and red tongue (glossitis)
- non healing mouth ulcers.
- pins and needles (paraesthesia)
- changes in the way that you walk and move around.
- disturbed vision.
- irritability.

- 1. Maintain a healthy lifestyle
 2. Exercise regularly for 30-40 minutes / day
 3. Eat a balanced diet with low sugars and low fat diet
 4. Avoid stress and have 6-8 hours regular sleep.
 5. Drink 3-4 litres of fluids everyday

6. Review as and when required.

- Eat 2-3 fresh and seasonal fruits a day.
 - Add vegetables and salad in lunch and Dinner.
 - Avoid chocolates, chips, cakes.
 - Some protein needs to be at lunch breakfast and dinner. You can choose milk, curd, dal, channa, rajma.
 - Avoid all fried foods and foods from outside.
 - Avoid ice creams and sweets.
 - Avoid excess jaggery and sugar intake.
 - Avoid alcohol intake and smoking, if any
 - Include fresh fruits and vegetables in your diet.
- - Follow the Diabetic Diet. Active and healthy lifestyle to maintain Blood Glucose within range
 - Eye Examination once in 6 months
 - Examine your foot regularly and get it checked by your physician twice a year to detect any injuries because in diabetes there are chances of decreased sensation in peripheries and injuries go unnoticed.
 - Blood Pressure measurement once every month
 - Kindly review with FBS and PPBS reports after 1 month

Key points to control your SUGAR levels

1. Regularize your sleep and Maintain minimum 6-8 hours of sleep.
2. Choose foods that are lower in calories, saturated fat, trans fat, sugar, and salt like whole cooked cereals, meat, eggs, pulses (like dal, rajma, etc) and milk products. Reduce carbohydrates like Rice/Ragi/Wheat/Oats
3. Exercise 3kms or 30 mins of walking. Do brisk walk, cycle, or swim for about 30 minutes a day.
4. Eat only 3 meal a day. Eat fruits and Vegetables along with meals
5. Avoid refined oils and refined sugars. Use cold pressed oils instead.
6. Plenty of fluids 3-4 litres/day
7. Eat foods with high fiber like fruits with outer skin, beans, brown rice, broccoli, spinach, whole grain cereal products
8. Practice yoga and meditation as it helps to reduce stress

- 1. Use iodized salt in food preparation. Iodine is an essential trace mineral that your body needs in order to make thyroid hormones.
 2. Have high fibre diet like carrots, cucumber and beet root salad
 3. Avoid food like broccoli, cauliflower and soya. They contain natural chemicals that may interfere with thyroid hormone synthesis
 4. Eat healthy and nutritious foods
 5. Exercise regularly brisk walking for 40 mins / day
 6. Practice yoga, meditation as it helps to reduce stress, and some aerobic exercises to keep, yourself fit.

Dr. Naga Mahesh Boya

MBBS

Registration No: APMC/102565

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Disclaimer: The prescription has been issued based on your inputs during chat/call with the doctor. In case of emergency please visit a nearby hospital.

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