

GSM Medical Center
Muaded Almazrouei Bdlg -
1st floor - Al Satwa Rd - near
Satwa Roundabout - Al Satwa
- Dubai



Patient Name	:	Diana Lynn Sarmiento	AGE	:	
Address	:	--	Mobil e	:	971503987895
Medical Record #	:	--			--
Principal Diagnosis	:	G43.119 - MIGRAINE WITH AURA, INTRACTABLE, WITHOUT STATUS MIGRAINOSUS, I10 - ESSENTIAL (PRIMARY) HYPERTENSION, R42 - DIZZINESS AND GIDDINESS			--
Secondary Diagnosis	:	K29.00 - Acute gastritis without bleeding, R11.10 - Vomiting, unspecified,			--
Unlimited Storage	:	ADVISED : LIFE STYLE CHANGES, GERD DIET, EXCERCISE FOR ATLEAST 30MINS/DAY, MAINTAIN BP CHART, VISIT TO GSM CLINIC SATWA BRANCH			--
Live Meeting	:	--			--

GENERIC/DOSE/FORM	STRENGTH	INSTRUCTIONS	QUANTITY	ROUTE OF ADMIN
TAB LANFAST	30MG	DAILY ONCE (ONETAB) 30 MINS BEFORE BREAKFAST	15	ORAL
TAB PANADOL MIGRAINE	250/250/60MG	TAKE 1TABLET 2TIMES A DAY AFTER FOOD	10	ORAL

Doctor Name

DR.DIVYA

License Number

77225642

Date

20/06-2023

Signature & Stamp

Dr. Divya Naik Lavouri
 GENERAL PRACTITIONER
 DHA LIC. NO: 77225642-003
 GSM MEDICAL CENTER L.L.C
 Muaded Almazrouei Bdlg 1st floor Al Satwa
 Dubai - U.A.E.
 TEL: 04-8831002 & 04-8831003

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GSM MEDICAL CENTER
DIP 1, GREEN COMMUNITY, EUROPEAN
BUSSINESS CENTER
GROUND FLOOR SHOP NO: 29
Tel : 04-8831002, 04-8831003 Fax:
048831004



Date : 20-Jun-2023

CERTIFICATE

Name : DIANA LYNN SANTIAGO SARMIENTO

Age : 16-May-1979

Company :

Telephone # : 0585790516

Insurance : Cash

No : A00001

This is to certify that the above named patient is suffering from **MIGRAINE HEADACHE, DIZZINESS, ESSENTIAL HYPERTENSION, GASTRITIS** and he is getting treatment since **20-Jun-2023**. He is not fit for work and advised to take rest for **1 day** with effect from **20-Jun-2023**

Sincerely Yours,

DR. DIVYA


Dr. Divya Naik Lavari
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GERD Diet – General Guidelines

- Stop smoking and chewing tobacco.
- Discuss your weight with your doctor. Lose weight if you are overweight.
- Do not overeat. Eat small portions at meals and snacks.
- Avoid tight clothing, tight-fitting belts. Do not lie down or bend over within the first 15-30 minutes after eating.
- Do not chew gum or suck on hard candy. Swallowing air with chewing gum and sucking on hard candy can cause belching and reflux.
- Use bricks or wood blocks to raise the head of your bed 6-8 inches.
- **Do not eat/drink:** Chocolate, tomatoes, tomato sauces, oranges, pineapple and grapefruit, mint, coffee, alcohol, carbonated beverages, and black pepper.
- Eat a low-fat diet. Fatty, greasy foods cause your stomach to produce more acid.

GERD-Friendly Diet Recommendations

	Choose these foods / beverages ✓	Do not eat these foods / beverages ✗
Fruits/juices	Most fruits and fruit juices such as apple, grape, cranberry, banana, pears, etc.	Citrus fruits: oranges, grapefruit
Soups	Low-fat and fat-free soups such as clear broth based soups*.	Regular cream soups, other high fat soups*.
Beverages	Decaffeinated tea, herbal tea (not mint), Kool-Aid, water, juices (except orange, grapefruit and pineapple).	Coffee (regular and decaffeinated), alcohol, carbonated beverages.
Sweets and deserts	Fruit ices, gelatin, popsicles, ice milks and frozen low-fat yogurt, low fat cookies and cakes (less than 3 g fat per serving).	Chocolate and high fat deserts.
Vegetables	All steamed, roasted, stir-fried (with little oil) vegetables.	Fried, creamed vegetables.
Milk and dairy products	Skim or 1% milk, lowfat yogurt, or cheeses (<3 g fat per oz).	Whole and 2% milk, whole milk yogurt and cheeses. Chocolate milk and hot chocolate.
Bread, cereals and grain products	Low-fat	Made with whole milk or cream.
Meat, Chicken, Fish, and meat substitutes (nuts, tofu, etc)	Low-fat meats with the fat trimmed before cooking, skinless poultry. Baked, broiled, poached roasted, without added fat.	Sausage, bacon, fried meats and chicken, salami, bologna and other high fat meats (> 3 g per ounce). Chicken skin and meats with visible fat left on.
Oils, butter, margarine	None, or small amounts.	Animal or vegetable fats.

* Fat can be skimmed from the top of soups and stews when they are hot or cold.