

Prescription 1: Initial Diagnosis

Date: 10th January 2023

Patient: Ravi, 57 years, Male

BP: 150/95 mmHg

Fasting Blood Sugar: 220 mg/dL

Postprandial Blood Sugar: 290 mg/dL

HbA1c: 9.2%

Diagnosis: Type 2 Diabetes Mellitus, Hypertension

Medication:

1. Metformin 500 mg - 1 tablet twice daily after meals.
2. Glimepiride 2 mg - 1 tablet in the morning before breakfast.
3. Telmisartan 40 mg - 1 tablet in the morning for BP control.

Advice:

- Start a low-carb, high-fiber diet.
- Avoid sugary and fried foods.
- Walk 30 minutes daily.
- Follow up in 2 weeks.

Prescription 2: First Follow-Up

Date: 24th January 2023

Patient: Ravi

BP: 145/90 mmHg

Fasting Blood Sugar: 190 mg/dL

Postprandial Blood Sugar: 260 mg/dL

Medication:

1. Metformin 500 mg - Continue same dosage.
2. Glimepiride 2 mg - Continue same dosage.
3. Telmisartan 40 mg - Continue same dosage.

Advice:

- Blood sugar levels are still high. Increase physical activity to 45 minutes daily.
- Reduce rice and wheat intake.
- Follow up in 3 weeks.

Prescription 3: Second Follow-Up

Date: 14th February 2023

Patient: Ravi

BP: 140/88 mmHg

Fasting Blood Sugar: 170 mg/dL

Postprandial Blood Sugar: 230 mg/dL

Medication:

1. Metformin 500 mg - Increase to 1 tablet thrice daily.
2. Glimepiride 2 mg - Continue same dosage.
3. Telmisartan 40 mg - Continue same dosage.

Advice:

- Improvement noted, but postprandial sugar is still high.
- Avoid late-night snacks.
- Follow up in 4 weeks.

Prescription 4: Third Follow-Up

Date: 14th March 2023

Patient: Ravi

BP: 138/85 mmHg

Fasting Blood Sugar: 160 mg/dL

Postprandial Blood Sugar: 210 mg/dL

Medication:

1. Metformin 500 mg - Continue same dosage.
2. Glimepiride 2 mg - Continue same dosage.
3. Telmisartan 40 mg - Continue same dosage.

Advice:

- Good progress. Maintain diet and exercise.
- Check HbA1c in the next visit.
- Follow up in 6 weeks.

Prescription 5: Fourth Follow-Up

Date: 25th April 2023

Patient: Ravi

BP: 135/85 mmHg

Fasting Blood Sugar: 150 mg/dL

Postprandial Blood Sugar: 190 mg/dL

HbA1c: 7.8%

Medication:

1. Metformin 500 mg - Continue same dosage.
2. Glimepiride 2 mg - Reduce to half tablet in the morning.
3. Telmisartan 40 mg - Continue same dosage.

Advice:

- HbA1c has improved but still above target.
- Add more green vegetables to your diet.
- Follow up in 6 weeks.

Prescription 6: Fifth Follow-Up

Date: 6th June 2023

Patient: Ravi

BP: 132/82 mmHg

Fasting Blood Sugar: 140 mg/dL

Postprandial Blood Sugar: 180 mg/dL

Medication:

1. Metformin 500 mg - Continue same dosage.
2. Glimepiride 2 mg - Stop.
3. Telmisartan 40 mg - Continue same dosage.

Advice:

- Significant improvement. Discontinuing Glimepiride.
- Monitor blood sugar levels regularly.
- Follow up in 8 weeks.

Prescription 7: Sixth Follow-Up

Date: 1st August 2023

Patient: Ravi

BP: 130/80 mmHg

Fasting Blood Sugar: 135 mg/dL

Postprandial Blood Sugar: 170 mg/dL

Medication:

1. Metformin 500 mg - Continue same dosage.
2. Telmisartan 40 mg - Continue same dosage.

Advice:

- Stable condition. Maintain current lifestyle.
- Check HbA1c in the next visit.
- Follow up in 8 weeks.

Prescription 8: Seventh Follow-Up

Date: 26th September 2023

Patient: Ravi

BP: 128/78 mmHg

Fasting Blood Sugar: 130 mg/dL

Postprandial Blood Sugar: 160 mg/dL

HbA1c: 7.0%

Medication:

1. Metformin 500 mg - Continue same dosage.
2. Telmisartan 40 mg - Continue same dosage.

Advice:

- HbA1c is nearing target. Keep up the good work.
- Avoid stress and ensure adequate sleep.
- Follow up in 10 weeks.



Prescription 9: Eighth Follow-Up

Date: 5th December 2023

Patient: Ravi

BP: 125/78 mmHg

Fasting Blood Sugar: 125 mg/dL

Postprandial Blood Sugar: 150 mg/dL

Medication:

1. Metformin 500 mg - Reduce to 1 tablet twice daily.
2. Telmisartan 40 mg - Continue same dosage.

Advice:

- Excellent progress. Reducing Metformin dosage.
- Continue monitoring blood sugar levels.
- Follow up in 12 weeks.

Prescription 10: Ninth Follow-Up

Date: 27th February 2024

Patient: Ravi

BP: 122/76 mmHg

Fasting Blood Sugar: 120 mg/dL

Postprandial Blood Sugar: 140 mg/dL

HbA1c: 6.5%

Medication:

1. Metformin 500 mg - Continue reduced dosage.
2. Telmisartan 40 mg - Continue same dosage.

Advice:

- HbA1c is now within target range. Well done!
- Maintain healthy habits to avoid relapse.
- Follow up in 6 months.