

# Patient Diabetes Logs

**Patient Name:** John Doe

**Age:** 45

**Gender:** Male

**Date:** 2023-01-01

Blood Sugar Level: 266 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date:** 2023-01-11

Blood Sugar Level: 258 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date:** 2023-01-21

Blood Sugar Level: 192 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date:** 2023-01-31

Blood Sugar Level: 190 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1

month.

**Date: 2023-02-10**

Blood Sugar Level: 207 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-02-20**

Blood Sugar Level: 286 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist. Avoid high-carb foods and implement strict diet control.

**Date: 2023-03-02**

Blood Sugar Level: 187 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-03-12**

Blood Sugar Level: 172 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-03-22**

Blood Sugar Level: 161 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-04-01**

Blood Sugar Level: 153 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-04-11**

Blood Sugar Level: 168 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-04-21**

Blood Sugar Level: 188 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-05-01**

Blood Sugar Level: 260 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date: 2023-05-11**

Blood Sugar Level: 169 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-05-21**

Blood Sugar Level: 164 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-05-31**

Blood Sugar Level: 198 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-06-10**

Blood Sugar Level: 293 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist. Avoid high-carb foods and implement strict diet control.

**Date: 2023-06-20**

Blood Sugar Level: 205 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-06-30**

Blood Sugar Level: 154 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-07-10**

Blood Sugar Level: 142 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-07-20**

Blood Sugar Level: 183 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-07-30**

Blood Sugar Level: 247 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-08-09**

Blood Sugar Level: 185 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-08-19**

Blood Sugar Level: 231 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-08-29**

Blood Sugar Level: 244 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-09-08**

Blood Sugar Level: 240 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-09-18**

Blood Sugar Level: 294 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist. Avoid high-carb foods and implement strict diet control.

**Date: 2023-09-28**

Blood Sugar Level: 294 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist. Avoid high-carb foods and implement strict diet control.

**Date: 2023-10-08**

Blood Sugar Level: 142 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-10-18**

Blood Sugar Level: 199 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-10-28**

Blood Sugar Level: 171 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2023-11-07**

Blood Sugar Level: 198 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-11-17**

Blood Sugar Level: 228 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-11-27**

Blood Sugar Level: 209 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-12-07**

Blood Sugar Level: 273 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date: 2023-12-17**

Blood Sugar Level: 246 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2023-12-27**

Blood Sugar Level: 290 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date: 2024-01-06**

Blood Sugar Level: 147 mg/dL

Diagnosis: Prediabetes

Recommendation: Maintain a balanced diet with regular exercise. Monitor blood sugar weekly.

**Date: 2024-01-16**

Blood Sugar Level: 187 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2024-01-26**

Blood Sugar Level: 259 mg/dL

Diagnosis: Type 2 Diabetes (Severe)



Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date: 2024-02-05**

Blood Sugar Level: 285 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date: 2024-02-15**

Blood Sugar Level: 206 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.

**Date: 2024-02-25**

Blood Sugar Level: 270 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date: 2024-03-06**

Blood Sugar Level: 275 mg/dL

Diagnosis: Type 2 Diabetes (Severe)

Recommendation: Increase Metformin dosage. Schedule a consultation with an endocrinologist.

Avoid high-carb foods and implement strict diet control.

**Date: 2024-03-16**

Blood Sugar Level: 232 mg/dL

Diagnosis: Type 2 Diabetes (Moderate)

Recommendation: Start Metformin 500mg daily. Regular physical activity is advised. Follow up in 1 month.