

Date: Sep 2, 2025

Apollo Hospitals, New Delhi

Dr. Arjun Mehta

MBBS, MD (Internal Medicine)

Apollo Hospital, Sector 18, New Delhi

Reg. No. DMC/2021/3456

+91-9876543210

PTR# 4587, DEA# AM-5642

Mr. Ramesh Kumar

DOB: Jun 15, 1975

Age: 50 yrs

Gender: Male

Lajpat Nagar, New Delhi

+91-9812345678

Height: 170 cm

Weight: 78 kg

Diagnosis: Type 2 Diabetes Mellitus – Uncontrolled
Hypertension (well controlled on medication)

Chief Complaints

Polyuria

Excessive thirst

Fatigue

Clinical Features

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Random Blood Sugar: 285 mg/dl

HbA1c: 9.2%

BP: 132/84 mmHg

Mild peripheral neuropathy

R_x

- Inj. Insulin Glargine (Lantus) 100 IU/ml 20 unit Subcutaneous After meals Every night at bedtime 50 days --- 1000
- Inj. Insulin Lispro (Humalog) 100 IU/ml 60 unit Subcutaneous Before meals Thrice daily 18 days --- 1000
- Tab. Metformin 500 mg 1 unit Oral After meals Twice daily 30 days --- 60
- Tab. Telmisartan 40 mg 1 unit Oral Before meals Once a day 30 days --- 30

Investigations

FBS, PPBS, HbA1c – done

Lipid Profile – pending

Kidney Function Tests – pending

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Advice/Referrals

Diabetic diet: Avoid refined sugars, fried foods.

Regular exercise (brisk walk 30 mins daily).

Self-monitor blood sugar (FBG + PPBG) and maintain diary.

Refer to dietician for nutrition counselling.

Follow-up in 2 weeks with blood sugar record.

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