



# Prescription

Patient: Mr.GIRIDHAR . Collected  
Age: 44 Y 11 M 2 D /M Received  
Height: Not found  
Weight: Not found

## Diagnosis:

Based on the pathology report, it appears that Mr. Giridhar is a 44-year-old male who recently had various blood tests done. The report shows that his hemoglobin level is within a normal range at 15.4 g/dL, as well as his packed cell volume (PCV) at 43.80. However, some of his results, specifically his glucose and HBA1C levels, indicate possible issues related to diabetes.

Fasting Plasma Glucose (FPG) is a common test used to diagnose diabetes. The American Diabetes Association considers a normal FPG to be less than 100 mg/dL, and Mr. Giridhar's FPG of 152 mg/dL falls significantly above that range. Elevated FPG levels are a sign of diabetes, as the body is not producing enough insulin to regulate blood sugar levels.

In addition, his HBA1C level of 8.8% is also elevated. HBA1C is a long-term measurement of blood sugar levels and is used to determine how well diabetes has been controlled over the past 2-3 months. Normal HBA1C levels are below 5.7%, and levels above 6.5% suggest diabetes. Mr. Giridhar's HBA1C level indicates uncontrolled diabetes.

Furthermore, Mr. Giridhar's serum creatinine level of 0.84 mg/dL is within normal range and suggests that his kidneys are functioning properly.

## Recommendations:

### 1. Lifestyle Changes:

- Diet:** Mr. Giridhar should adopt a balanced and healthy diet focusing on whole grains, fruits, vegetables, and lean proteins. He should limit his intake of processed and sugary foods, as these can cause a spike in blood sugar levels.
- Exercise:** Regular physical activity is crucial in managing diabetes. Mr. Giridhar should engage in at least 30 minutes of moderate exercise, such as walking, jogging, or cycling, five times a week.
- Weight management:** Maintaining a healthy weight can significantly improve diabetes management. Mr. Giridhar should aim to achieve a healthy body mass index (BMI) by following a healthy diet and engaging in regular exercise.
- Quit smoking:** Smoking can increase the risk of developing diabetes and other health complications. Therefore, Mr. Giridhar should quit smoking to improve his overall health.

### 2. Medications:

- Consult with a physician:** Mr. Giridhar should consult with a physician to discuss his blood test results and determine the best course of treatment. The physician may prescribe medication to manage his blood sugar levels.
- Insulin therapy:** Depending on the severity of Mr. Giridhar's diabetes, the physician may recommend insulin therapy to better manage his blood sugar levels.
- Regular blood sugar monitoring:** It is essential for Mr. Giridhar to regularly monitor his blood sugar



levels to ensure they are within a normal range. This will help the physician adjust his

## **Medications:**

1. Metformin - a common medication used to help manage blood sugar in Type 2 diabetes
2. Insulin - may be needed to regulate and control blood sugar levels in uncontrolled diabetes
3. Sitagliptan - an oral medication that helps to increase insulin production and decrease glucose production in the liver
4. Empagliflozin - an oral medication that helps to lower blood sugar levels by increasing the amount of glucose excreted in the urine
5. Pioglitazone - a medication that helps to improve insulin sensitivity and lower blood sugar levels
6. Acarbose - an oral medication that slows down the absorption of carbohydrates and helps to control blood sugar levels
7. Glipizide - an oral medication that increases insulin production and helps to lower blood sugar levels
8. Liraglutide - an injectable medication that lowers blood sugar levels by increasing insulin production and decreasing the production of glucagon
9. Pramlintide - an injectable medication that helps to lower blood sugar levels by slowing down digestion and delaying the absorption of glucose
10. Bromocriptine - a medication that increases insulin sensitivity and helps to improve blood sugar control in Type 2 diabetes.

## **Conclusion:**

Based on Mr. Giridhar's blood test results, it is clear that he is presenting with signs of uncontrolled diabetes. To manage and control his blood sugar levels, he may benefit from a combination of medications, such as met