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Oct 24, 2025

LMC Diabetic and Endocrinology
1929 Bayview Ave Site 107
located within the CNIB Building
Toronto, ON
M4G 3E8
Phone: 1-866-701-3636x450 Fax: 4166452931

To Whom It May Concern:

Re: Suleman Makrod Aug 24, 1965 Age: 60 yr
416-466-7244 (H) 647-409-7244 (M preferred)
sulemanmakrod@gmail.com

Re: Suleman Makrod, 121 DONLANDS AVE , TORONTO ON, M4J 3P3
ON 6552 826 254 TJ

Please see this 60 yr year old M for poor DM , non-compliance . please call daughter Nafisa-- 416-570-4746

Past Medical History
diabetes
bilateral CTS
GERD
OA
hypertension
none

Medications

Senokot-S 1-2 per day
Soflax 100 mg 1 time daily
Nasonex 2 BID
eurofer 300 mg one per day
pen needle as instructed
glucostrip 1-2 per day
lancets each miscell
Crestor 20 mg Tablet 1 tablet 1 time daily for 90 days
Synjardy 12.5-1,000 mg 12.5-1 ,000 mg 1 tablet 2 times daily for 30 days
replace Janumet
Anuzinc (zinc sulfate) 0.5 % as needed once per day

Re: Suleman Makrod Aug 24, 1965 Age: 60 yr

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Rybelsus 3 mg 1 time daily try 3 mg for one month, if tolerated, will increase to 7mg

Janumet 50-1000 mg Tablet 1 tablet 2 times daily for 90 days

Flomax CR 0.4 mg 1 tablet 1 time daily for 60 days

Diamicron Mr 30 mg tab Sa 2 tablets 2 times daily for 90 days

metformin 1000 mg 2 times daily for 90 days no synjardy, no janumet

Coversyl Plus HD 8-2.5 mg 1 tablet 1 time daily for 90 days

Prevacid 30 mg capsule 1 tablet 1 time daily for 60 days LU 297

amoxicillin 500 mg every 8 hours for 10 days can stop after 5 days for sinusitis

Allergies

No known allergies Oct 2, 2010

Thank you for seeing my patient.

And fax confirmation of notification to my clinic at 416-429-1564

Yours truly,

A handwritten signature in black ink that reads "B. Choi-Fung M.D." in a cursive style.

Dr. Betty Choi-Fung

Makrod, Suleman Ismail**Birth date 24/08/1965 #9288 Page 1/2**

	Latest Value	Last Done	Jun 7 2024	Oct 10 2024	Feb 1 2025	Sep 27 2025
Hb	152	24 Oct		152		
Hct	0.46	24 Oct		0.46		
RBC	5.51	24 Oct		5.51		
MCV	84	24 Oct		84		
MCH	28	24 Oct		28		
MCHC	328	24 Oct		328		
RDW	12.5	24 Oct		12.5		
WBC	6.3	24 Oct		6.3		
Neutrophils #	3.1	24 Oct		3.1		
Lymphocytes #	2.4	24 Oct		2.4		
Monocytes #	0.5	24 Oct		0.5		
Eosinophils #	0.2	24 Oct		0.2		
Basophils #	0.1	24 Oct		0.1		
Immature Granulocytes #	0.010	24 Apr				
Nucleated RBC's	0.00	24 Apr				
Hypochromia	PRESENT	23 Aug				
Microcytosis	PRESENT	23 Aug				
Ovalocytes	PRESENT	23 Aug				
Spherocytes	FEW	23 Feb				
Polychromasia	PRESENT	23 Aug				
Target Cells	PRESENT	23 Feb				
RBC Morphology	occasional ovalocytes/elliptocytes	23 Feb				
Platelets	211	24 Oct		211		
MPV	11.8	24 Apr				
Na	<u>135</u>	24 Apr				
K	3.8	24 Apr				
Cl	<u>95</u>	24 Apr				
CO3	26	24 Apr				
Anion Gap	14	24 Apr				
Fe	15	Sep 27	18	18	12	15
Transferrin	3.4	Sep 27	3.2	3.4	3.3	3.4
TIBC	<u>80</u>	17 Nov				
Iron Saturation	<u>0.18</u>	Sep 27	<u>0.22</u>	<u>0.21</u>	<u>0.14</u>	<u>0.18</u>
AST	19	24 Apr				
ALT	18	Sep 27				18
ALP	52	24 Apr				
Total Bilirubin	4	24 Apr				
LDH	<u>116</u>	23 Feb				
Cr	84	Sep 27	78	75	81	84
Cystatin C	<u>0.99</u>	21 Dec				
eGFR	92	Sep 27	99	100	96	92
Urea	<u>8.9</u>	24 Apr				
UA	331	24 Jun	331			
Ca	2.42	24 Apr				
CHOL	3.38	24 Jun	3.38			
TG	<u>2.91</u>	24 Jun	<u>2.91</u>			
HDL	<u>0.81</u>	24 Jun	<u>0.81</u>			
LDL	1.25	24 Jun	1.25			
NON-HDL	2.57	24 Jun	2.57			
CHOL/HDL	3.31	12 Nov				
Microalbumin Random (deprecated)	< 5.0	24 Jun	< 5.0			
Microalbumin	7	Sep 27		7	11	7
Urine Creatinine Random	7.7	Sep 27	4.2	3.6	9.9	7.7
Microalbumin/Creatinine Ratio	0.9	Sep 27	.	1.9	1.1	0.9
FBS	<u>14.1</u>	Sep 27	<u>11.8</u>	<u>13.2</u>	<u>13.8</u>	<u>14.1</u>
RBS	<u>14.8</u>	24 Apr				
Hb A1C	<u>12.6</u>	Sep 27	<u>11.2, 11.2</u>	<u>11.9, 11.9</u>	<u>12.3, 12.3</u>	<u>12.6, 12.6</u>
Total Protein	79	24 Apr				
Albumin	41	24 Apr				
IgG	11.89	23 Feb				
IgA	<u>4.18</u>	23 Feb				

Makrod, Suleman Ismail**Birth date 24/08/1965 #9288 Page 2/2**

	Latest Value	Last Done	Jun 7 2024	Oct 10 2024	Feb 1 2025	Sep 27 2025
IgM	1.10	23 Feb				
Ferritin	<u>15</u>	Sep 27	<u>27</u>	<u>25</u>	<u>18</u>	<u>15</u>
TSH	2.49	Sep 27				2.49
Free T4	9.7	11 Dec				
PSA	2.04	Sep 27				2.04
B12	<u>719</u>	Sep 27				<u>719</u>
Vitamin D (25 hydroxy)	75	24 Jun	75			
FIT	NORMAL	22 Nov				
Urine Culture	TO FOLLOW	22 Oct				
Urine Appearance	CLEAR	11 Dec				
Urine Colour	L.YELLOW	Feb 1	L.YELLOW	L.YELLOW	L.YELLOW	
Urine Clarity	CLEAR	Feb 1	CLEAR	CLEAR	CLEAR	
Urine pH	5.0	Feb 1	6.0	7.0	5.0	
Urine Protein	NEG	Feb 1	NEG	NEG	NEG	
Urine Glucose	<u>>= 55</u>	Feb 1	<u>14</u>	<u>28</u>	<u>>= 55</u>	
Urine Ketones	<u>TRACE</u>	Feb 1	NEG	NEG	<u>TRACE</u>	
Urine Bilirubin	NEG	Feb 1	NEG	NEG	NEG	
Urine Blood	NEG	Feb 1	NEG	NEG	NEG	
Urine Nitrite	NEG	Feb 1	NEG	NEG	NEG	
Urine Leukocyte Esterase	NEG	23 Feb				
Urine Urobilinogen	3.2	Feb 1	3.2	3.2	3.2	
Urine Specific Gravity	<u>1.032</u>	Feb 1	1.010	1.017	<u>1.032</u>	
Urine Leukocytes	NEG	Feb 1	NEG	NEG	NEG	
Urine Erythrocytes	0-2	19 Dec				
Culture report:		11 Dec				
Collection Date :	Jun 7, 2024 9:46AM	24 Jun	Jun 7, 2024 9:46AM			
Ordering Date	May 16, 2013	13 May				
MICROALBUMIN - RANDOM URINE	TO FOLLOW	17 Nov				
Platelets Reticulated	12.20	23 Feb				
SENSITIVITY : URINE CULTURE	TO FOLLOW	19 Dec				
Clarity	CLEAR	20 Mar				
URINE SPECIMEN #1	TO FOLLOW	22 Oct				
Morphology; Blood	SCAN AGREES WITH AUTOMATED	23 Aug				
Specimen Comment	.	23 Feb				
HbA1C %	<u>0.083</u>	20 Mar				
Squamous Epithelial	Occ	19 Dec				
HDL/LDL CHOLESTEROL	TO FOLLOW	18 Nov				
IRON TOTAL	<u>6</u>	17 Nov				
Iron/Transferrin	<u>0.12</u>	24 Apr				
Platelets, Estimate	NORMAL	23 Aug				
Urobilinogen; Urine	NEG	23 Feb				
Pencil Cells	PRESENT	23 Feb				
Mean Corpuscular Hemoglobin Con...	322	23 Feb				