

Clinic Address:

Room No. - 4, Kabbur Estate
First Floor, Road No. 2
Opposit Sudha Dairy
Sion East Mumbai - 400037

Contact: 7666816913**Email:** beatthediabetes@gmail.com**Website:** www.beatthediabetes.org**Patient Name:** Abhishek Sharma**Date:** 2020-02-11

Medicine Name	Dosage	Comments	Frequency	Duration
Inj. Basalog (INJ)	1-0-1-0-1	after	weekly	2 weekly
Inj. Human Mixtard 50/50 (INJ)	1-1-0-0-0	before	everyday	1 everyday

Non-Diabetic Medicines

Medicine Name	Dosage	Comments	Frequency	Duration
Porcine Mixact (INJ)	0-0-0-1-0	before	everyday	3 everyday

Diet Recommendation:

normal btd diet, 5 coriander (dhania) seeds after brushing teeth

Exercise Recommendation:

Phase 1: daily morning exercise, Phase 2: dr. Dinesh Thera band 5 to 8

Follow Up Recommendation:

After 1 days eGFR

Health Goals:

After 2 days eGFR <5

Dr. Dinesh Ishwar
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