

Muhammad Shahzad

Prof. Ali Jawa

49 Years Male

MD(USA), MPH(USA), FACE(USA)

Visit Date: 07-Jan-2021

FRCP (Lon), MIVM (Europe), MPMI (USA),

DABIM-Endocrinology (USA), DABIM (USA),

DABPNS (USA), AOM-ARCS (Aus)

Diplomate American Board of Endocrinology, Diabetes and Metabolism

Diplomate American Board of Internal Medicine

Diplomate American Board of Physician Nutrition Specialists

Fellow American College of Endocrinology

Former Professor of Endocrinology,

SZABMU / PIMS, Islamabad, Pakistan

Consultant Endocrinologist & Diabetologist

Vitals: Weight 85.00 Kgs Height 5.00 Feet 7.00 Inches BMI

29 **SBP/DBP** 130/90 mmHg

T2DM FBS 135 RBS 174, 290 (After dinner) Creatinine 0.89 (WNL)

TAGIPMET 50/500 MG

1+0+1

DAPA 25 MG

1+0+0

DIAMICRON MR 30 MG

1/2+0+0

EVION 600 MG capsule

1+0+1 (3 months)

REFERRAL

Ms. Tasnim Z. Ali

Consultant Nutritionist

0304 111 -0366

Al.

Prof. Ali Jawa

Muhammad Shahzad

49 Years Male

Visit Date: 07-Jan-2021

| Monitoring Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Before Breakfast | | | | | | | |
| 2 Hours after Breakfast | | | | | | | |
| Before Lunch | | | | | | | |
| 2 Hours after Lunch | | | | | | | |
| Before Dinner | | | | | | | |
| 2 Hours after Dinner | | | | | | | |
| At Bedtime | | | | | | | |
| At 3:00 AM | | | | | | | |