

Prof. Ali Jawa

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

Ammar Yasir

32 Years Male

Visit Date: 03-Feb-2021

Appointment Type: Online

Vitals: Weight 94.5 Kgs **Height** 177 CMs **BMI** 29

T2DM since 2012 (Aged 24 years at that time) FBS 150 RBS 180-200
A1c 6.9% 17 JAN 2021 (<7%)

TAGIPMET XR (Sitagliptin/Metformin)100/1000 MG

1+0+0

JARDY (Empagliflozin) 10 MG

1+0+0

LANTUS (Glargine) SOLOSTAR Insulin

0+0+20

ZESTRIL (Enalapril) 5 MG

1+0+0

EXEN D (Calcium with Vitamin D) PLUS

1+0+0

CIALIS (Tadalafil) 20 MG

1/2 tablet 1/2 hour before sexual intercourse

LABORATORY TESTS

Hemoglobin A1c

FOLLOW UP INSTRUCTIONS

Follow up visit after 2 months. Call 0304-111-0336 for Appointments.



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Ammar Yasir

32 Years Male

Visit Date: 03-Feb-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							