

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

Zille Abbas

42 Years Male

Visit Date: 29-Dec-2020

Vitals: **Weight** 88.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 25 **BSF** 150 **BSR** 150
SBP/DBP 120/70 mmHg **Pulse** 90

1. Polycystic Ovarian Disease:

- Ultrasound of Abdomen / Pelvis:
- Hair Loss / Hirsutism / Acne
- Fertility /Menstrual Irregularities

PLAN:

a) Glucophage XR 750 mg

0 + 0 + 1 – After Meal

b) Aldactone 25 mg

1 + 0 + 0

2. Obesity / Migrain:

- 24 Hour Urinary Cortisol:
- Weight:

PLAN:

a) Zylexx 150 mg

1 + 0 + 0

b) Orlis 120 mg

0 + 0 + 1 – In-between Biggest Meal of the day

c) Hitop 25 mg

0 + 0 + 1

3. Hypothyroidism:

a) Thyronorm 100 mcg - Empty Stomach - Morning

1 + 0 + 0

4. Deranged Liver Function:

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PLAN:

5. Preventative:

a) Cap. D Cap (Vitamin D) 50,000 IU

One Capsule orally once every 15 days for 3 months

b) Tab. Neuromet

1 + 0 + 1 for 6 weeks.

c) INO – Folic Combi

0 + 0 + 1 for 2 months

d) Cap. Immun Plus (Wilshire)

1 + 0 + 0 for 8 weeks.

Follow up in 3 Months. Lab before next visit

LABORATORY TESTS

Free T4

Hemoglobin A1c

Liver Function Test

Renal Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 23 days. Call 0304-111-0336 for Appointments.

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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							

