

Prof. Ali Jawa

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Diplomate American Board of Endocrinology, Diabetes and Metabolism
Diplomate American Board of Internal Medicine
Diplomate American Board of Physician Nutrition Specialists
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Professor of Endocrinology,
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Consultant Endocrinologist & Diabetologist



Diplomat American Board
of Internal Medicine

Diplomat American Board
of Diabetes, Metabolism
and Endocrinology

SPECIALIZED
SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands
Abnormalities

Male / Female
Infertility

Cholesterol Disorder

Obesity

Follow-up Visit

Mr. John Doe

43 Years Male

Visit Date: 08-Feb-2021

Appointment Type: Online

Vitals: **Weight** 90.8 Kgs **Height** 6 Feet 2 Inches **BMI** 26

Address: Test Address

BSF 90 **BSR** 90 **SBP/DBP** 1/90 mmHg **Pulse** 3

1. D.M Type 1:

a) Ryzodeg Insulin

Before Breakfast:

b) Novorapid / Humalog / Apidra Insulin

Before Lunch

Before Dinner:

c) Tagip Met XR 50/1000 mg

0 + 0 + 1 – After Meals

d) Diampa M 12.5 /1000 mg

1 + 0 + 0 – After Meal

2. HTN / Dyslipidemia:

a) Co - Tasmi 40/12.5 mg

1 + 0 + 0 – In Morning

b) Nebil 5 mg



0 + 0 + 1

c) Xovat 5 mg

0 + 0 + 1 - Bedtime

d) Fenofibrate 200 mg

1 + 0 + 0

3. Mood / Neuropathy:

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PLAN:

a) Lyrica 30 mg

1 + 0 + 0

b) Neurontin 300 mg

0 + 0 + 1

4. Hypothyroidism :

a) Synthroid 100 mcg - Empty Stomach - Morning

1 + 0 + 0

5. Deranged Liver Function:

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PLAN:

a) Cap. Evion 400 mg

1 + 0 + 0 for 2 months

5. Preventative:

-- Dilated Eye Exam for Diabetic Retinopathy : Before Next visit

PLAN:

a) Cap. D3 (Vitamin D) 50,000 IU

One Capsule orally once every 15 days for 3 months

b) Tab. Metformin

1 + 0 + 1 for 6 weeks.

c) Cap. Immun Plus (Wilshire)

1 + 0 + 0 for 8 weeks.

Follow up in 3 Months. Lab before next visit



Dr. Abdullah

