

Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)
DABIM-Endocrinology (USA), DABIM (USA),
DABPNS (USA)

Patient Name: Fazeelat Tahira

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Age / Sex: 66 Years Female

Visit Date: 25-Nov-2020

Diplomate American Board of Endocrinology, Diabetes and Metabolism
Diplomate American Board of Internal Medicine
Diplomate American Board of Obesity, Endocrinology & Metabolism Specialists
Fellow American College of Endocrinology
Former Professor of Endocrinology
SZABIMU / PIMS, Islamabad, Pakistan
Consultant Endocrinologist & Diabetologist

Vitals 1: **Weight** 64.00 Kgs **Height** Feet 3.00 Inches **BMI** 24.99 **SBP/DBP**
139/68 mmHg **Pulse** 85

T2DM: FBS 140 RBS 150-160 A1c NA (

MEDICINE

LANTUS SOLOSTAR Insulin

0+0+28 Units (evening)

APIDRA SOLOSTAR Insulin

14+14+14 Units

HILIN Capsule 50 MG

0+0+1

TOVITT Tablet

!+0+0

EXEN-D PLUS Tablet

1+0+0

*******Rest as per cardiologist*******

LABORATORY TESTS

Hemoglobin A1c

Renal Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 6 months (24-May-2021)



Prof. Ali Jawa

Monitoring Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before Breakfast				Prof. Ali Jawa MD(USA), MPH FACP-Endocrinology DABPNS (USA)	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		
2 Hours after Breakfast							
Before Lunch							
2 Hours after Lunch							
Before Dinner							
2 Hours after Dinner							
At Bedtime							
At 3:00 AM							