

Adeel Zahid

Prof. Ali Jawa

43 Years Male

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

Visit Date: 13-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 85.60 Kgs

Height 5.00 Feet 11.00 Inches BMI

26

T2DM FBS 135 RBS 137-171 A1C 6.9% (<7%) No further hypoglycemia

MEDICINE

TAGIPMET XR 100/1000 MG

1+0+0

TASMI 40 MG

1+0+0

TENORMIN 25 MG

1+0+0

JEZETA 10/10 MG

1+0+0+0

D-CAP 200,000 IU

One capsule every 2 weeks

LABORATORY TESTS

Hemoglobin A1c

Fasting Lipid Profile

Liver Function Test

Renal Profile

FOLLOW UP INSTRUCTIONS

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



Prof. Ali Jawa

Adeel Zahid

43 Years Male

Visit Date: 13-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							