

Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)
DABIM-Endocrinology (USA), DABIM (USA),
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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
Fellow American College of Endocrinology
Professor of Endocrinology,
SZABMU / PIMS, Islamabad, Pakistan
Consultant Endocrinologist & Diabetologist

Patient Name: Zille Abbas

Age / Sex: 42 Years Male

Visit Date: 02-Dec-2020

Vitals: **Weight** 90.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 25.47 **BSF** 150 **BSR** 250 **SBP/DBP** 120/90 mmHg **Pulse** 90

Repeat Vitals: **Weight** 90.00 Kgs **Height** 5.00 Feet 5.00 Inches **BMI** 33.02 **BSF** 50 **BSR** 250 **SBP/DBP** 150/90 mmHg **Pulse** 90

**Provisinal
Diagnosis**

Type 2 Diabetes

Sr	Medicine Name	Dosage	Instructions	For Condition
1	Ryzodeg Insulin	1+0+1	After Breakfast + After Lunch	Diabetes
2	Novorapid / Humalog / Apidra Insulin	1+0+0		
3	Tagip Met XR 50/1000 mg	0+0+1		
4	Diampa M 12.5 /1000 mg	0+1+0		Prostate
5	Co - Tasmi 40/12.5 mg	1/2+0+1/2		Blood Pressure
6	Nebil 5 mg	1	Before going to bed	Sleep
7	Xovat 5 mg	1	in the morning empty stomach	GERD
8	Fenoget 200 mg	1	For headache	Pain Management

NOTES

LABORATORY TESTS

Renal Profile

Free T4

Liver Function Test

Fasting Lipid Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 90 days. Call 0304-111-0336 for Appointments.



Dr. Abdullah

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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							