

Tatheer Zeeshan

Prof. Ali Jawa

39 Years Male

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

Visit Date: 07-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** 107.00 Kgs **Height** 5.00 Feet 11.00 Inches **BMI**

33

T2DM FBS 140 RBS 230 A1c 8.1% (<7%)

Dyslipidemia LDL 160

TOUJEO Insulin

0+0+32 Units in the evening

APIDRA Insulin

18+18+18

TAGIPMET 50/1000 MG

1+0+1

QAZZO 20 MG

1+0+0

D-SHOT 200,000 IU

Drink one vial every 2 weeks

Ms. Tasnim Z. Ali

Consultant Nutritionist

Call 0304 111 0366 for online consultation

LABORATORY TESTS

Hemoglobin A1c

Liver Function Test

Fasting Lipid Profile

Renal Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 2 months. 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							