

# Prof. Ali Jawa

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



Dr. S. Abbas Raza  
M.D.

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

## Muhammad Waqas

20 Years Male

Visit Date: 13-Oct-2020

Appointment Type: Online

**Vitals: SBP/DBP** 120/80 mmHg

**Repeat Vitals: SBP/DBP** 120/23 mmHg

### 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

½ + 0 + 0 – In Morning

#### b) Nebil 5 mg

0 + 0 + 1 – In Evening

#### c) Xovat 5 mg

0 + 0 + 1 - Bedtime



3. Mood / Neuropathy:

a) Lyta 30 mg

1 + 0 + 0

b) Neogab 300 mg

0 + 0 + 1

4. Others:

- Deranged Liver Function:

5. Preventative:

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

One Capsule orally once every 15 days for 3 months

b) Tab. Neuromet

1 + 0 + 1 for 6 weeks.

## LABORATORY TESTS

Blood Glucose

## FOLLOW UP INSTRUCTIONS

Follow up visit after 10 days. Call 0304-111-0336 for Appointments.



---

Dr. Abdullah



Dr. S. Abbas Raza  
M.D.

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



## Muhammad Waqas

20 Years Male

Visit Date: 13-Oct-2020

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							