

Sohail Akram

Prof. Ali Jawa

34 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 77.00 Kgs Height 5.00 Feet 7.00 Inches BMI

27 **SBP/DBP** 136/89 mmHg

T2DM FBS 123 RBS 156 A1C 11.7% (Nov 2020) (<6.5%)

Hypertension

Dyslipidemia

MEDICATIONS

GETFORMIN 1/500 MG

1+0+0

QOSMET 50/500 MG

1+0+1

JARDY 10 MG

1+0+0

FENOGET 67 MG

1+0+0

TASMI 80 MG

1+0+0

EXEN D PLUS

1+0+0

TOVITT

1+0+0

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.



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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							