

Prof. Ali Jawa

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

Ruqiya Bibi

Age / Sex: 58 Years Female

Visit Date: 23-Dec-2020

Vitals: Weight 78.00 Kgs **Height** 5.00 Feet 1.00 Inches **BMI** 32.49 **SBP/DBP**
128/85 mmHg

T2DM FBS 113 RBS 155 A1c 6.9% (<7%) Well controlled. No hypoglycemia

Hypertension

Dyslipidemia

MEDICINES

QOSMET 50/500 MG

0+0+1

JARDY 10 MG

1+0+0

VALTEC-AM 5/160 MG

1+0+0

D-SUN 50,000 IU

2 capsules every Sunday

QAZZO 10 MG

1+0+0

LABORATORY TESTS

Hemoglobin A1c

Renal Profile

Fasting Lipid Profile

Liver Function Test

FOLLOW UP INSTRUCTIONS

Follow up visit after 6 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							