

Prof. Ali Jawa

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

Nargis Abuzar

57 Years Female

Visit Date: 17-Feb-2021

Appointment Type: Online

Vitals: Weight 60.0 Kgs **Height** 156 CMs **BMI** 25

SBP/DBP 90/40 mmHg

T2DM FBS 120 RBS 138-170 A1c 8.6% (<7%) LDL 61

HTN: Has lost 5 Kgs while recovering from COVID. Will reduce dose

APIDRA SOLOSTAR INSULIN

6+6+6

TOUJEO Insulin

0+0+20

TRULICITY Injection

One injection subcutaneously once a week

JARDY 10 MG

1+0+0

ROLIP 10 MG

1/2 tablet +0+0

GOURIC 40 MG

1+0+0

ZUNE 20 MG

1+0+0

COVA 40 MG

1+0+0

HILIN 50 MG

1+0+0

SUNNY-D 200,000 IU

One capsule every 2 weeks

XYSTER 500 MCG

0+0+2 (3 months)

LABORATORY TESTS

Hemoglobin A1c

FOLLOW UP INSTRUCTIONS

Follow up visit after 2 months. Call 0304-111-0336 for Appointments.



Prof. Ali Jawa

Nargis Abuzar

57 Years Female

Visit Date: 17-Feb-2021

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							