



# Dr. Ali Jawa

**Patient Name:** Usman Zafar

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**Age / Sex:** 47 Years / Male

**Visit Date:** 13-Oct-2020

**American Board of Internal Medicine**

**Diplomate American Board of Diabetes,  
Endocrinology and Metabolism**

**Address: Shaukat Khanum Memorial  
Cancer Hospital, Lahore**



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



**Whatsapp No:** 0321-5001777

**Weight**

90.00 Kgs

**Height**

6.00 Feet 2.00 Inches

**SBP/DBP**

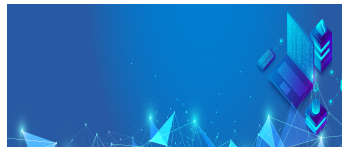
120/90 mmHg

**Pulse**

90 BPM

This is the Prescription ...

boost your immunityboost your immunityboost your immunityboost your  
immunityboost your immunityboost your immunity



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Zafar

## Blood Glucose Monitoring:

**Please Check Your Blood Glucose In Shaded Area**

MonitoringTime	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							