

# 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

**Patient Name:** Adeel Zahid

**Age / Sex:** 43 Years Male

**Visit Date:** 24-Dec-2020

**Vitals:** **Weight** 85.60 Kgs **Height** 5.00 Feet 11.00 Inches **BMI** 26.32

T2DM FBS 120 RBS 168 A1C 6.9% (<7%) Late night hypoglycemia ` 75 (Around 1 AM)

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## MEDICINE

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### TAGIPMET XR 100/1000 MG

1+0+0

### TASMI 40 MG

1+0+0

### TENORMIN 25 MG

1+0+0

### JEZETA 10/10 MG

1+0+0+0

### D-CAP 200,000 IU

One capsule every 2 weeks

## LABORATORY TESTS

Hemoglobin A1c

## FOLLOW UP INSTRUCTIONS

Follow up visit after 3 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							