

Prof. Ali Jawa

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



Dr. S. Abbas Raza
M.D.

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

Mr. John Doe

43 Years Male

Visit Date: 20-Jan-2021

Appointment Type: Online

Vitals:- **Weight** 90.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI**
Address: Test Address
25 **BSF** 90 **BSR** 90 **SBP/DBP** 120/90 mmHg **Pulse** 90

1. D.M Type 1:

a) Ryzodeg Insulin

Before Breakfast:

b) Novorapid / Humalog / Apidra Insulin

Before Lunch

Before Dinner:

c) Tagip Met XR 50/1000 mg

0 + 0 + 1 – After Meals

d) Diampa M 12.5 /1000 mg

1 + 0 + 0 – After Meal

2. HTN / Dyslipidemia:

a) Co - Tasmi 40/12.5 mg

1 + 0 + 0 – In Morning



b) Nebil 5 mg

0 + 0 + 1

c) Xovat 5 mg

0 + 0 + 1 - Bedtime

d) Fenofibrate 200 mg

1 + 0 + 0

3. Mood / Neuropathy:

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PLAN:

a) Lyrica 30 mg

1 + 0 + 0

b) Neurontin 300 mg

0 + 0 + 1

4. Hypothyroidism :

a) Synthroid 100 mcg - Empty Stomach - Morning

1 + 0 + 0

5. Deranged Liver Function:

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PLAN:

a) Cap. Evion 400 mg

1 + 0 + 0 for 2 months

5. Preventative:

-- Dilated Eye Exam for Diabetic Retinopathy : Before Next visit

PLAN:

a) Cap. D3 (Vitamin D) 50,000 IU

One Capsule orally once every 15 days for 3 months

b) Tab. Neurontin

1 + 0 + 1 for 6 weeks.

c) Cap. Immun Plus (Wilshire)

1 + 0 + 0 for 8 weeks.

Follow up in 3 Months. Lab before next visit

LABORATORY TESTS

Liver Function Test

Renal Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 25 days. Call 0304-111-0336 for Appointments.



Dr. Abdullah



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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							