

# 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

**Patient Name:**Ali Talib

**Age / Sex:** 26 Years Male

**Visit Date:** 02-Dec-2020

**Vitals:** **Weight** 70.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 19.81 **SBP/DBP**  
120/80 mmHg **Pulse** 90

**Repeat Vitals:** **Weight** 90.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 25.47 **SBP/DBP**  
130/90 mmHg **Pulse** 90

**Provisinal  
Diagnosis**

**Type 2 Diabetes**

Sr	Medicine Name	Dosage	Instructions	For Condition
1	Ryzodeg Insulin	1+0+1	After Breakfast + After Lunch	Diabetes
2	Novorapid / Humalog / Apidra Insulin	1+0+0		
3	Tagip Met XR 50/1000 mg	0+0+1		
4	Diampa M 12.5 /1000 mg	0+1+0		Prostate
5	Co - Tasmi 40/12.5 mg	1/2+0+1/2		Blood Pressure
6	Nebil 5 mg	1	Before going to bed	Sleep
7	Xovat 5 mg	1	in the morning empty stomach	GERD
8	Fenoget 200 mg	1	For headache	Pain Management

## LABORATORY TESTS

Renal Profile

Free T4

Hemoglobin A1c

## **FOLLOW UP INSTRUCTIONS**

Follow up visit after 23 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							