

## Rukhsana Rizwan

**Prof. Ali Jawa**

55 Years Female

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

Visit Date: 07-Jan-2021

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

**Vitals:** Weight 60.00 Kgs Height 5.00 Feet 4.00 Inches BMI

23 **SBP/DBP** 120/80 mmHg

**T2DM** FBS 139 RBS 196 A1C 7.3% (<7%)

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**TAGIPMET 50/500 MG**

1+0+1

**JARDY 10 MG**

1+0+0

**LASTOLIP 10 MG**

1+0+0

**EXEN D PLUS**

1+0+0

**TOVITT**

1+0+0

## LABORATORY TESTS

Hemoglobin A1c

Urinalysis

Fasting Lipid Profile

Liver Function Test

## FOLLOW UP INSTRUCTIONS

Follow up visit after 2 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							