





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



## Zille Abbas

42 Years Male

Visit Date: 05-Jan-2021

**Vitals:** **Weight** 90.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI**  
25 **SBP/DBP** 100/90 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. Abnormal 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. Immune Plus (Wilshire)**

1 + 0 + 0 for 8 weeks.

## **LABORATORY TESTS**

Liver Function Test

Renal Profile

## **Referral Practitioners**

Prof. Ali Jawa

## **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							