

# 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

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**Patient Name:** Muhammad Haroon

**Age / Sex:** 12 Years Male

**Visit Date:** 16-Dec-2020

**Address:** Test

## 1. D.M Type 1:

a) Ryzodeg Insulin

Before Breakfast:

b) Novorapid / Humalog / Apidra Insulin alkdj

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

½ + 0 + 0 – In Morning

b) Nebil 5 mg

0 + 0 + 1 – In Evening

c) Xovat 5 mg

0 + 0 + 1 - Bedtime

3. Mood / Neuropathy:

a) Lyta 30 mg

1 + 0 + 0

b) Neogab 300 mg

0 + 0 + 1

4. Others:

- Deranged Liver Function:

5. Preventative:

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

One Capsule orally once every 15 days for 3 months

b) Tab. Neuromet

1 + 0 + 1 for 6 weeks.

## LABORATORY TESTS

Tsh And Free T4

Renal Profile

## Referral Practitioners

Dr Nouman

Prof. Ali Jawa

## FOLLOW UP INSTRUCTIONS

Follow up visit after 5 months. Call 0304-111-0336 for Appointments.



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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							