

# 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



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

## Muhammad Waqas

20 Years Male

Visit Date: 04-Jan-2021

**Vitals:** **Weight** 65.00 Kgs **Height** 5.00 Feet 10.00 Inches **BMI**  
21 **BSF** 100 **BSR** 120 **SBP/DBP** 120/80 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. Neuromet**

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**

**NOTES**

Test.....

**Referral Practitioners**

Prof. Ali Jawa

Dr. Kamran Babar

**FOLLOW UP INSTRUCTIONS**

Follow up visit after 12 weeks. Call 0304-111-0336 for Appointments.



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Dr. Abdullah



Dr. S. Abbas Raza  
M.D.

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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							