

## Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)  
DABIM-Endocrinology (USA), DABIM (USA),  
DABPNS (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  
Former Professor of Endocrinology,  
SZABMU / PIMS, Islamabad, Pakistan  
Consultant Endocrinologist & Diabetologist

**Patient Name:** Zulfiqar Ali Khan

**Age / Sex:** 50 Years Male

**Visit Date:** 23-Dec-2020

**Vitals:** **Weight** 123.00 Kgs **Height** 6.00 Feet Inches **BMI** 36.78

**T2DM** FBS 130-140 RBS 50-60 A1c 7.7% (<7%) Frequent Hypoglycemia

Dyslipidemia LDL 162

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**GETRYL 1 MG**

1+0+0

**QOSMET 50/500 MG**

1+0+1

**JARDY 10 MG**

1+0+0

**LASTOLIP 40 MG**

1+0+0

**VALTEC 80 MG**

1+0+0

**D-TAB 50,000 IU**

Two tablets every Sunday

## **LIBIZO FOR MEN**

One sachet daily 0304 111 0263

## **REFERRAL**

**Ms Tasnim Z. Ali**

Consultant Nutritionist

Call 0304 111 0366 for online appointment

## **LABORATORY TESTS**

Hemoglobin A1c

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							