

Dr. Abdullah

Patient Name: Zille Abbas

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MD (USA), MPH (USA), FACE (USA),
FRCP (Lon), MIVM (Europe), Diplomate
ABIM-Endocrinology (USA), Diplomate
ABIM (USA) , Diplomate-ABPNS (USA).

Age / Sex: 42 Years Male

Visit Date: 20-Nov-2020

Diplomate American Board of
Diabetes, Endocrinology and
Metabolism

Phone: 0321-5001777

Address: Shaukat Khanum Memorial
Cancer Hospital, Lahore

Vitals 1: Weight 90.00 Kgs Height 6.00 Feet 3.00 Inches BMI 24.80 BSF 150 BSR
200 SBP/DBP 112/90 mmHg Pulse 90

Vitals 2: Weight 99.00 Kgs Height 6.00 Feet 3.00 Inches BMI 27.28 BSF 150 BSR
200 SBP/DBP 120/100 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) Fenoget 200 mg

1 + 0 + 0

3. Mood / Neuropathy:

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PLAN:

a) Lyta 30 mg

1 + 0 + 0

b) Neogab 300 mg

0 + 0 + 1

4. Hypothyroidism :

a) Thyronorm 100 mcg - Empty Stomach - Morning

1 + 0 + 0

5. Deranged 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. 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.

c) Cap. Immun Plus (Wilshire)

1 + 0 + 0 for 8 weeks.

Follow up in 3 Months. Lab before next visit

LABORATORY TESTS

Bun, Creatinine

Blood Glucose

Cbc

Dhea-s

Tsh , Free T3 And Free T4

Referral Practitioners

Dr. Kamran Babar

FOLLOW UP INSTRUCTIONS

Follow up visit after 20 days (10-Dec-2020)

Monitoring Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before Breakfast							
2 Hours after Breakfast							
Before Lunch	Dr. Abdullah						
2 Hours after Lunch							
Before Dinner							
2 Hours after Dinner							
At Bedtime							
At 3:00 AM							