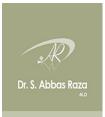
Prof. Ali Jawa

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



Zille Abbas

42 Years Male

Visit Date: 07-Jan-2021

Diplomat American Board of Internal Medicine

Diplomat American Board of Diabetes, Metabolism and Endocrinology

SPECALIZED SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands Abnormalities

Male / Female Infertility

Cholestrol Disorder

Obesity

Follow-up Visit

Vitals: Weight 88.00 Kgs Height 6.00 Feet 2.00 Inches BMI 25 BSF 195 BSR 190 SBP/DBP 140/100 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

 $\frac{1}{2}$ + 0 + 0 – In Morning

b) Nebil 5 mg



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0+0+1 – In Evening
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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.

NOTES

Notes printed

LABORATORY TESTS

Free T4

Renal Profile

Fasting Lipid Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 15 days. Call 0304-111-0336 for Appointments.



Dr. Abdullah



Zille Abbas

42 Years Male

Visit Date: 07-Jan-2021

Diplomat American Board of Internal Medicine

Diplomat American Board of Diabetes, Metabolism and Endocrinology

> SPECALIZED SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands Abnormalities

> Male / Female Infertility

Cholestrol Disorder

Obesity

Follow-up Visit



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							

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