

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: Saima Azmat

Age / Sex: 44 Years Female

Visit Date: 02-Dec-2020

Vitals: Weight 84.00 Kgs **Height** 4.00 Feet 11.00 Inches **BMI** 37.40

T2DM FBS 156 RBS 218 6.6%

Hypertension

MEDICINE

BLOKIUUM 25 MG

1+0+0

CHEER UP 10 MG

1+0+0

D-SHOT 200,000 IU

Drink one injection every month

QOSMET 50/000 MG

1+0+1

JARDY 10 MG

1+0+0

LABORATORY TESTS

Hemoglobin A1c

FOLLOW UP INSTRUCTIONS

Follow up visit after 3 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							