

# 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

**Patient Name:** Zille Abbas

**Age / Sex:** 42 Years Male

**Visit Date:** 03-Dec-2020

**Vitals:** **Weight** 90.00 Kgs **Height** 6.00 Feet 3.00 Inches **BMI** 24.80 **SBP/DBP**  
120/90 mmHg **Pulse** 90

**Repeat Vitals:** **Weight** 92.00 Kgs **Height** 6.00 Feet 3.00 Inches **BMI** 25.35 **SBP/DBP**  
140/70 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.

**Follow up in 3 Months. Lab before next visit**

## **NOTES**

Go for the test

## LABORATORY TESTS

Renal Profile

## FOLLOW UP INSTRUCTIONS

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



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Dr. Abdullah

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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							