

Dr Aqeela Zahra

Prof. Ali Jawa

31 Years Female

MD(USA), MPH(USA), FACE(USA)

Visit Date: 07-Jan-2021

FRCP (Lon), MIVM (Europe), MPMI (USA),

DABIM-Endocrinology (USA), DABIM (USA),

DABPNS (USA), AOM-ARCS (Aus)

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

Vitals: Weight 70.00 Kgs Height 5.00 Feet Inches BMI 30

SBP/DBP 110/70 mmHg

Central Hypothyroidism FT4 0.98 16/11/2020 previously FT4 0.78

(Low) Cortisol 19.9 (WNL) on 28/11/2019 No recent labs

THYRONORM 100 MCG

1+0+0 (Empty stomach one hour before breakfast)

In case of conception, increase THYRONORM to 125 MCG once a day,
get a repeat FT4 and consult ASAP

LABORATORY TESTS

Free T4

Serum Cortisol (8 Am)

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