

Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)
DABIM-Endocrinology (USA), DABIM (USA),
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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: 24-Feb-2021

Appointment Type: Online

Vitals: **Weight** 85.0 Kgs **Height** 6 Feet 2 Inches **BMI** 24
BSF 200 **BSR** 80 **SBP/DBP** 120/80 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) Fenofibrate 200 mg

1 + 0 + 0

3. Mood / Neuropathy:

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PLAN:

a) Lyrica 30 mg

1 + 0 + 0

b) Neurontin 300 mg

0 + 0 + 1

4. Hypothyroidism :

a) Synthroid 100 mcg - Empty Stomach - Morning

1 + 0 + 0

5. Abnormal 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. D3 (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.

Edi tthe prescription

NOTES

Please avoid oily foods

LABORATORY TESTS

Free T4

Hemoglobin A1c

Referral Practitioners

Dr. Kamran Babar

FOLLOW UP INSTRUCTIONS

Follow up visit after 12 days. 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							