

Prof. Ali Jawa

MD (USA), MPH (USA), FACE (USA),
FRCP (Lon), MIVM (Europe), Diplomate
ABIM-Endocrinology (USA), Diplomate
ABIM (USA) , Diplomate-ABPNS (USA).

Patient Name: Shahnaz Akhtar

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Age / Sex: 63 Years Female

Visit Date: 18-Nov-2020

Vitals 1: Weight 99.00 Kgs **Height** 5.00 Feet 1.00 Inches **BMI** 41.24 **SBP/DBP**
150/80 mmHg

T2DM: Poorly controlled: FBS 300 RBS 397 A1c NA (<7%)

Currently on Levemir and Metformin

MEDICINES

TOUJEO Insulin

30 Units +0+0

QOSMET 50/500 MG

1+0+1

JARDY 10 MG

1+0+0

LASTOLIP 20 MG

1+0

REFERRAL

Ms Tasnim Z. Ali, Consultant Nutritionist for counselling

0304 111 0366 (for appointments)

Monitoring Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LABORATORY Before Breakfast Hemoglobin A1c							
FOLLOW UP 2 Hours after Breakfast		ACTIONS					
Follow up visit after Before Lunch		(02-Dec-2020)					
2 Hours after Lunch							
Before Dinner							
2 Hours after Dinner							
At Bedtime							
At 3:00 AM							