

Prof. Ali Jawa

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

Fareena Shamsi

51 Years Female

Visit Date: 17-Feb-2021

Appointment Type: Online

Vitals: Weight 70.0 Kgs **Height** 5 Feet 1 Inches **BMI** 29

SBP/DBP 110/70 mmHg **Pulse** 68

T2DM FBS 125 RBS 130-140-150 A1c 6.9% (<7%) Cr 0.51 K 4.4 ALT/AST
29/27

Hypertension Well controlled

Dyslipidemia LDL 132

XENGLU MET 12.5/500 MG

1+1+0

GLUCOPHAGE 500 MG

0+0+1

COVA 80 MG

1+0+0

CONCOR 2.5 MG

1+0+0

SUNNY-D 200,000 IU

One capsule every month

ATORVA 10 MG

1+0+0

NUBEROL Tablet

1+0+1 (As needed for shoulder pain)

LABORATORY TESTS

Hemoglobin A1c

Fasting Lipid Profile

Liver Function Test

Renal Profile

Urinalysis

FOLLOW UP INSTRUCTIONS

Follow up visit after 6 months. Call 0304-111-0336 for Appointments.



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51 Years Female

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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							