

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

Sabera Gull

74 Years Female

Visit Date: 24-Feb-2021

Appointment Type: Online

Vitals: Weight 66.0 Kgs **Height** 5 Feet 2 Inches **BMI** 27

T2DM FBS 142 RBS 115 A1c 9.2% (<7%) ACR 70

LANTUS SOLOSTAR INSULIN

0+0+20

QOSMET 50/500 MG

1+0+1

EXEN D PLUS

1+0+0

QAZZO 10 MG

1+0+0

REFERRAL:

Ms Tasnim Z. Ali

Consultant Nutritionist

For online consultation (0304 111-0366)

FOLLOW UP INSTRUCTIONS

Follow up visit after 2 weeks. Call 0304-111-0336 for Appointments.



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Sabera Gull

74 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							