

Prof. Ali Jawa

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

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

DAPNS (USA)

Patient Name: Zille Abbas

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

Age / Sex: 42 Years Male

Visit Date: 30-Nov-2020

Vitals: **Weight** 85.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 24.06 **BSF** 150 **BSR** 200 **SBP/DBP** 120/90 mmHg **Pulse** 90

Repeat Vitals: **Weight** 90.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 25.47 **BSF** 90 **BSR** 90 **SBP/DBP** 116/90 mmHg **Pulse** 90

Provisinal
Diagnosis

Type 2 Diabetes

Sr	Medicine Name	Dosage	Instructions	For Condition
1	Ryzodeg Insulin	1+0+1	After Breakfast + After Lunch	Diabetese
2	Novorapid / Humalog / Apidra Insulin	1+0+0		
3	Tagip Met XR 50/1000 mg	0+0+1		
4	Diampa M 12.5 /1000 mg	0+1+0		Prostate
5	Co - Tasmi 40/12.5 mg	1/2+0+1/2		Blood Pressure
6	Nebil 5 mg	1	Before going to bed	Sleep
7	Xovat 5 mg	1	in the morning empty stomach	GERD
8	Fenoget 200 mg	1	For headache	Pain Management

NOTES

notes print

LABORATORY TESTS

Liver Function Test

Fasting Lipid Profile

Renal Profile

Free T4

FOLLOW UP INSTRUCTIONS

Follow up visit after 78 days. Call 0304-111-0336 for Appointments.



Dr. Abdullah

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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							