

## Naheed Noor

**Prof. Ali Jawa**

64 Years Female

MD(USA), MPH(USA), FACE(USA)  
Visit Date: 06-Jan-2021

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

**T2DM**

**Bronchial Asthma**

**Hypertension**

**Breast CA** SP Chemotherapy. Scheduled or mastectomy

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**1. LANTUS SOLOSTAR (Glargine) Insulin**

**0+0+16**

**2. GLUCOPHAGE (Metformin) 500 MG**

**1+0+1**

**3. ZEPOSE (Irbesartan) 150 MG**

**1+0+0**

**4. CAPRISK (Amlodipine/Atorvastatin) 5/20 MG**

**1+0+0**

**5. XALTIDE (Salbutamol+Beclomethasone dipropionate) Inhaler**

**2 puffs twice a day**

**6. TAIR (Montelukast) 10 MG**

**1+0+0**

**7. LYPOSPHERIC VITAMIN C (Liposomal Vitamin C)**

**1 sachet daily in the morning**

**8. TOVITT (Multivitamin)**

**1+0+0**

**9. EXEN-D PLUS (Calcium, Vitamin D, Vitamin K2-7)**

1+0+0

Al.

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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							