

# Dr. Abdullah

**Patient Name:** Zille Abbas

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

**Age / Sex:** 42 Years Male

**Visit Date:** 17-Nov-2020

**Diplomate American Board of  
Diabetes, Endocrinology and  
Metabolism**

**Phone:** 0321-5001777

**Address:** Shaukat Khanum Memorial  
Cancer Hospital, Lahore

**Vitals 1: Weight** 84.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 23.78 **SBP/DBP**  
100/70 mmHg **Pulse** 90

## 1. D.M Type 1:

### **a) Ryzodeg Insulin**

Before Breakfast:

### **b) Novorapid / Humalog / Apidra Insulin**

Before Lunch

Before Dinner:

### **c) Tagip Met XR 50/1000 mg**

0 + 0 + 1 – After Meals

### **d) Diampa M 12.5 /1000 mg**

1 + 0 + 0 – After Meal

## 2. HTN / Dyslipidemia:

### **a) Co - Tasmi 40/12.5 mg**

1 + 0 + 0 – In Morning

**b) Nebil 5 mg**

0 + 0 + 1

**c) Xovat 5 mg**

0 + 0 + 1 - Bedtime

**d) Fenoget 200 mg**

1 + 0 + 0

**3. Mood / Neuropathy:**

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**PLAN:**

**a) Lyta 30 mg**

1 + 0 + 0

**b) Neogab 300 mg**

0 + 0 + 1

**4. Hypothyroidism :**

**a) Thyronorm 100 mcg - Empty Stomach - Morning**

1 + 0 + 0

**5. Deranged Liver Function:**

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**PLAN:**

**a) Cap. Evion 400 mg**

1 + 0 + 0 for 2 months

**5. Preventative:**

-- Dilated Eye Exam for Diabetic Retinopathy : Before Next visit

**PLAN:**

**a) Cap. D Cap (Vitamin D) 50,000 IU**

One Capsule orally once every 15 days for 3 months

**b) Tab. Neuromet**

1 + 0 + 1 for 6 weeks.

**c) Cap. Immun Plus (Wilshire)**

1 + 0 + 0 for 8 weeks.

**Follow up in 3 Months. Lab before next visit**

## HEALTH MAINTENANCE

External Notes

## LABORATORY TESTS

Bun, Creatinine

Blood Glucose

Cbc

## FOLLOW UP INSTRUCTIONS

Follow up visit after 1 months (17-Dec-2020)

Monitoring Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before Breakfast							
2 Hours after Breakfast	Dr. Abdullah						
Before Lunch							
2 Hours after Lunch							
Before Dinner							
2 Hours after Dinner							
At Bedtime							
At 3:00 AM							