



Dr. Abdullah

Patient Name: Zille Abbas

3

Age / Sex: 42 Years / Male

Visit Date: 14-Oct-2020



Dr. S. Abbas Raza
M.D.

Diplomat American Board
of Internal Medicine

Diplomat American Board
of Diabetes, Metabolism
and Endocrinology

SPECIALIZED
SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands
Abnormalities

Male / Female
Infertility

Cholesterol Disorder

Obesity

Follow-up Visit

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

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

Address: Shaukat Khanum Memorial

Cancer Hospital, Lahore

Whatsapp No: 0321-5001777

Weight	56.00 Kgs	Height	5.00 Feet 6.00 Inches	SBP/DBP	120/90 mmHg	Pulse	90 BPM
---------------	-----------	---------------	-----------------------	----------------	-------------	--------------	--------

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



$\frac{1}{2} + 0 + 0$ – In Morning

b) Nebil 5 mg

$0 + 0 + 1$ – In Evening

c) Xovat 5 mg

$0 + 0 + 1$ - Bedtime

3. Mood / Neuropathy:

a) Lyta 30 mg

$1 + 0 + 0$

b) Neogab 300 mg

$0 + 0 + 1$

4. Others:

- Deranged Liver Function:

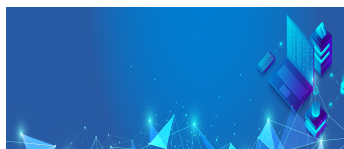
5. Preventative:

a) 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.



Dr. Abdullah

LABORATORY TESTS :

Patient Name: Zille Abbas

Age / Sex: 42 Years / Male

Date: 14-Oct-2020

Bun, Creatinine

Patient Name: Zille Abbas

Age / Sex: 42 Years / Male

Date: 14-Oct-2020

Blood Glucose Monitoring:

Please Check Your Blood Glucose In Shaded Area

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							