

# Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)  
DABIM-Endocrinology (USA), DABIM (USA),  
DAPNS (USA)

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

## Ejaz Ali

41 Years Male

Visit Date: 14-Oct-2020

Appointment Type: Online

**Vitals:** **Weight** 98.0 Kgs **Height** 176 CMs **BSF** 103 **BSR**  
137 **SBP/DBP** 110/80 mmHg **Pulse** 85

### 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) Fenofibrate 200 mg**

1 + 0 + 0

**3. Mood / Neuropathy:**

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**PLAN:**

**a) Lyrica 30 mg**

1 + 0 + 0

**b) Neurontin 300 mg**

0 + 0 + 1

**4. Hypothyroidism :**

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

1 + 0 + 0

**5. Abnormal Liver Function:**

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**PLAN:**

**a) Synthroid 400 mg**

1 + 0 + 0 for 2 months

**5. Preventative:**

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

**PLAN:**

**a) Synthroid (Vitamin D) 50,000 IU**

One Capsule orally once every 15 days for 3 months

**b) Synthroid**

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**

**NOTES**

HBA1C 6.8% on 11 OCT 2020 reduced from 10.2% AUG 2020 (<6.5%)  
creatinine 0.9

**FOLLOW UP INSTRUCTIONS**

Follow up visit after 12 weeks. Call 0304-111-0336 for Appointments.



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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							