

Prof. Ali Jawa

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

Sonia Tariq

49 Years Female

Visit Date: 03-Feb-2021

Appointment Type: Online

Vitals: Weight 110.00 Kgs **Height** 5.00 Feet 2.00 Inches **BMI**
44 **SBP/DBP** 135/90 mmHg

T2DM FBS 125-130 RBS 135-145 A1c 7.4% (<7%)

Hypertension

MEDICATIONS

INOSITA PLUS 50/500 MG

1+0+1

JARDY 10 MG

1+0+0

VALTEC-AM 160/5 MG

1+0+0

TOVITT

1+0+0

D-TAB 50,000 IU

One tablet every Sunday

LABORATORY TESTS

Hemoglobin A1c

Fasting Lipid Profile

Liver Function Test

Renal Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 3 months. 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							