

Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)
DABIM-Endocrinology (USA), DABIM (USA),
DABPNS (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
Former Professor of Endocrinology,
SZABMU / PIMS, Islamabad, Pakistan
Consultant Endocrinologist & Diabetologist

Patient Name: Mirza Azmat Baig

Age / Sex: 78 Years Male

Visit Date: 16-Dec-2020

Vitals: **Weight** 82.00 Kgs **Height** 5.00 Feet 10.00 Inches **BMI** 25.94 **BSF** 150 **BSR** 300

T2DM FBS 134-150 RBS 300 A1C NA (

CAD S/P Pacemaker

Dyslipidemia

Early Dementia

QOSMET 50/500 MG

1+0+1

REFERRAL:

Ms. Tasnim Z. Ali

Consultant Nutritionist, for Carbohydrate Consistent Diet

Call 0304 - 111 0366 (EON Health) for Online Consultation

***** **Rest of the medicine as per cardiologist**

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							