

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

Muhammad Umer Nadeem

17 Years Male

Visit Date: 10-Feb-2021

Appointment Type: Online

Vitals: Weight 86.0 Kgs **Height** 181 CMs **BMI** 26

SBP/DBP 120/80 mmHg

Hypogonadotropic Hypogonadism: has been off Testosterone replacement FSH 12 LH 4.06 T 255 FAI 49% (WNL). Will monitor for now.

FT4 1.23

Central Adrenal Insufficiency: Has been off oral steroids since Jan 23, 2021 (post discharge for febrile illness). Had restarted oral steroids pending results. Cortisol 2.7. Continue oral hydrocortisone

HYDROSHIRE 10 MG (Call 0304 111 0263 RXQ Pharmacy)

1/2 + 1/2 +0

D-TAB 50,000 IU

Two tablets every Sunday

Double the dose when fever or feeling sick

Go to nearest emergency room if vomiting, to get intravenous steroids

LABORATORY TESTS

Serum Cortisol (8 Am)

Serum Lh, Fsh, Testosterone, Sex Hormone Binding Globulin

FOLLOW UP INSTRUCTIONS

Follow up visit after 1 months. Call 0304-111-0336 for Appointments.



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