

# 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

## Ammar Yasir

32 Years Male

Visit Date: 20-Jan-2021

Appointment Type: Online

**Vitals: Weight** 91.00 Kgs **Height** 5.00 Feet 7.00 Inches **BMI**  
31

**T2DM** since 2012 (Aged 24 years at that time) FBS 129 RBS 158 A1c  
6.9% 17 JAN 2021 (<7%) Frequent mid day meals. No documented  
hypoglycemia

\*\*\*\*\*

**TAGIPMET XR 100/1000 MG**

1+0+0

**JARDY 10 MG**

1+0+0

**LANTUS SOLOSTAR Insulin**

0+0+16

**ZESTRIL 5 MG**

1+0+0

**EXEN D PLUS**

1+0+0

\*\*\*\*\***Follow up visit in online clinic in 2 weeks from  
today to show reports (No charges)**\*\*\*\*\*

## FOLLOW UP INSTRUCTIONS

Follow up visit after 2 weeks. Call 0304-111-0336 for Appointments.



---

Prof. Ali Jawa

## Ammar Yasir

32 Years Male

Visit Date: 20-Jan-2021

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							