

Prof. Ali Jawa

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



Dr. S. Abbas Raza
M.D.

Diplomat American Board
of Internal Medicine

Diplomat American Board
of Diabetes, Metabolism
and Endocrinology

SPECIALIZED
SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands
Abnormalities

Male / Female
Infertility

Cholesterol Disorder

Obesity

Follow-up Visit

Zille Abbas

42 Years Male

Visit Date: 07-Jan-2021

Vitals: **Weight** 88.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI**
25 **BSF** 195 **BSR** 190 **SBP/DBP** 140/100 mmHg **Pulse**
90

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

½ + 0 + 0 – In Morning

b) Nebil 5 mg



0 + 0 + 1 – In Evening

c) Xovat 5 mg

0 + 0 + 1 - Bedtime

3. Mood / Neuropathy:

a) Lyta 30 mg

1 + 0 + 0

b) Neogab 300 mg

0 + 0 + 1

4. Others:

- Deranged Liver Function:

5. Preventative:

a) D Cap (Vitamin D) 50,000 IU

One Capsule orally once every 15 days for 3 months

b) Tab. Neuromet

1 + 0 + 1 for 6 weeks.

NOTES

Notes printed

LABORATORY TESTS

Free T4

Renal Profile

Fasting Lipid Profile

FOLLOW UP INSTRUCTIONS

Follow up visit after 15 days. Call 0304-111-0336 for Appointments.



Dr. Abdullah



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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							