

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

Tahira Sikandar

66 Years Female

Visit Date: 30-Dec-2020

T2DM FBS 150 RBS 250 A1C NA 9.6% (<7%)

CAD / HTN managed by cardiologist

LANTUS INSULIN

0+0+40

APIDRA INSULIN

16+16+16

*****Rest as per cardiologist*****

REFERRAL:

Ms. Tasnim Z. Ali, Consultant Nutritionist, call 0304 111 0366

FOLLOW UP INSTRUCTIONS

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

Al.

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Tahira Sikandar

66 Years Female

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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							

