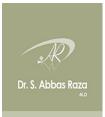
# **Prof. Ali Jawa**

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



#### **Muhammad Waqas**

20 Years Male

Visit Date: 04-Jan-2021

Diplomat American Board of Internal Medicine

Diplomat American Board of Diabetes, Metabolism and Endocrinology

SPECALIZED SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands Abnormalities

> Male / Female Infertility

Cholestrol Disorder

Obesity

Follow-up Visit

Vitals: Weight 65.00 Kgs Height 5.00 Feet 10.00 Inches BM 21 BSF 100 BSR 120 SBP/DBP 120/80 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

1 + 0 + 0 -In Morning



b) Nebil 5 mg

$$0 + 0 + 1$$

c) Xovat 5 mg

$$0 + 0 + 1 - Bedtime$$

d) Fenoget 200 mg

$$1 + 0 + 0$$

3. Mood / Neuropathy:

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PLAN:

a) Lyta 30 mg

$$1 + 0 + 0$$

b) Neogab 300 mg

$$0 + 0 + 1$$

4. Hypothyroidism:

a) Thyronorm 100 mcg - Empty Stomach - Morning

$$1 + 0 + 0$$

5. Deranged Liver Function:

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PLAN:

a) Cap. Evion 400 mg

$$1 + 0 + 0$$
 for 2 months

5. Preventative:

-- Dilated Eye Exam for Diabetic Retinopathy : Before Next visit

**PLAN:** 

a) Cap. 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.

### c) Cap. Immun Plus (Wilshire)

1 + 0 + 0 for 8 weeks.

#### Follow up in 3 Months. Lab before next visit

#### **NOTES**

Test.....

#### **Referal Practitioners**

Prof. Ali Jawa

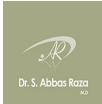
Dr. Kamran Babar

## **FOLLOW UP INSTRUCTIONS**

Follow up visit after 12 weeks. Call 0304-111-0336 for Appointments.



Dr. Abdullah



# **Muhammad Waqas**

20 Years Male

Visit Date: 04-Jan-2021

Diplomat American Board of Internal Medicine

Diplomat American Board of Diabetes, Metabolism and Endocrinology

> SPECALIZED SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands Abnormalities

> Male / Female Infertility

Cholestrol Disorder

Obesity

Follow-up Visit



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							

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