

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 Yousaf

64 Years Male

Visit Date: 30-Dec-2020

Vitals: Weight 69.00 Kgs **Height** 5.00 Feet 5.00 Inches **BMI** 25 **SBP/DBP**
135/85 mmHg

T2DM FBS 101 RBS A1C 8.7% (<7%)

Hypertension

TAGIPMET XR 100/1000 MG

1+0+0

DIAMICRON MR 30

1/2+0+0

JARDY 10 MG

1+0+0

VALTEC-AM 10/160 MG

1+0+0

QAZZO 10 MG

1+0+0

EXEN D PLUS

1+0+0

REFERRAL:

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

FOLLOW UP INSTRUCTIONS

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



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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							

