

## Prof. Ali Jawa

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

**Patient Name:** Mrs Naeem

**Age / Sex:** 58 Years Female

**Visit Date:** 09-Dec-2020

**Vitals:** **Weight** 88.00 Kgs **Height** 5.00 Feet 1.00 Inches **BMI** 36.66 **BSF** 126 **BSR** 160  
**SBP/DBP** 137/88 mmHg **Pulse** 88

**T2DM** FBS 126 RBS 160 A1c 7.5 %(<7%)

### JARDY 10 MG

1 + 0 + 0 – Before Meal

### TAGIP 100 mg

1 + 0 + 0 – After Meal

### DIAMICRON MR 30 MG

1 + 0 + 0 – After Meal

### D-TAB 50,000 IU

2 Tablets in the morning

### TOVITT

1+0+0

\*\*\*\*\**Rest as per Prof. Sheharyar Sheikh*\*\*\*\*\*

## LABORATORY TESTS

Hemoglobin A1c

## **FOLLOW UP INSTRUCTIONS**

Follow up visit after 3 months. 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							