

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: Sehar Noukhaze

Age / Sex: 38 Years Female

Visit Date: 16-Dec-2020

Vitals: **Weight** 55.90 Kgs **Height** 5.00 Feet Inches **BMI** 24.07

T2DM FBS 115 RBS 140 A1c 6.6% (<7%)

MEDICINES

TAGIPMET XR 100/1000 MG

1+0+0

EXEN-D PLUS

1+0+0

REFERRAL:

Ms. Tasnim Z. Ali

Consultant Nutrtrtionist

Call EON health at 0304 - 111 0366 for online consultation

FOLLOW UP INSTRUCTIONS

Follow up visit after 6 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							