

# Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)  
DABIM-Endocrinology (USA), DABIM (USA),  
DAPNS (USA)

**Patient Name:** Zille Abbas

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

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**Vitals 1:** **Weight** 90.00 Kgs **Height** 5.00 Feet 6.00 Inches **BMI** 32.02 **BSF** 100 **BSR** 250 **SBP/DBP** 90/90 mmHg **Pulse** 90

**Vitals 2:** **Weight** 100.00 Kgs **Height** 5.00 Feet 9.00 Inches **BMI** 32.56 **BSF** 100 **BSR** 250 **SBP/DBP** 100/100 mmHg **Pulse** 100

## 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**

## **EXTERNAL NOTES**

No comments

## **LABORATORY TESTS**

Bun, Creatinine

Blood Glucose

Cbc

Dhea-s

Tsh , Free T3 And Free T4

Free T4

Chest X-ray

## **Referral Practitioners**

Dr. Kamran Babar

## **FOLLOW UP INSTRUCTIONS**

Follow up visit after 2 days (27-Nov-2020)



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Dr. Abdullah

Monitoring Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before Breakfast	Prof. A. J. J. a	MD(USA), MPH (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			
2 Hours after Breakfast							
Before Lunch							
2 Hours after Lunch							
Before Dinner							
2 Hours after Dinner							
At Bedtime							
At 3:00 AM							