

Rekha Singh | 53, FEMALE

12 Aug 2024, 11:54 AM

164 cm 57 kg

BMI 21.19 kg/m²

PRESENTING COMPLAINTS

PRESENTING COMPLAINT 1

Symptom: Follow up with HbA1C report
Other investigation reports not found- advised to get done other tests also
Height & weight written approximately as they are not sure about it

HbA1C 10%

Diagnosis

Duration

Notes

Type 2 diabetes mellitus (DM)

-

PLAN OF MANAGEMENT

Diagnosis

Plan of management

Type 2 diabetes mellitus (DM)

Added to DM control programme
Referred to Dietician
Advised tests to know the present status
Review with the reports
NOT WILLING FOR INSULIN
CONTINUE TAB GLIMULIN MF AND ADDING EXTRA MEDICINES

The targets to achieve:

- ABCDES control
- A for HbA1c: < 7 which indicates blood sugar control
- B for Blood pressure: <130/80
- B for BMI/ weight management

Rekha Singh | 53, FEMALE

12 Aug 2024, 11:54 AM

164 cm 57 kg

BMI 21.19 kg/m²

- **C for cholesterol:** LDL<70 and Triglycerides<150
- **D and E for Diet and Exercise**
- **Exercise log/step count**
- **Smoking and alcohol:** consider quitting smoking and minimizing alcohol intake

Disease management program

Starting the Diabetes and Heart disease management program today, for the next 6 months, this includes:

- **Tests every 3 months**
- **Medical treatment optimisation:** doctor consults every month for the first three months, after that as advised
- **Lifestyle management for** (as explained, also see general advice)
- **Diet consultations:** once every 10-15 days for the first three months, then as advised
- **Continuous feedback :** share your food photos with the dietician on their WhatsApp number and they will give feedback for betterment .
- **Monitoring:** Keep diary/log of
- **Weight:** at least once a week
- **Glucometer:** Do glucometer sugar charting
- **When:** fasting, pre lunch, pre dinner
- **How many times:** 2-3 days in a week
- **When to come for follow up:** come with the chart after 7 days
- **Warning:** If there is any sudden weakness or uneasiness check glucometer reading, if it is <70, take two tablespoons of glucose and check again after 15 minutes and repeat if required. Then have a small meal within an hour. STOP INSULIN until follow up consultation is done
- **BP charting-** at least two days in a week - morning and evening, if BP is not in control (more than 135/85 on average) come with the chart for at least 3 days for follow up
- **Exercise log**

Rekha Singh | 53, FEMALE

12 Aug 2024, 11:54 AM

164 cm 57 kg

BMI 21.19 kg/m²

Medicine name	Dosage	Frequency	Duration	Must take?
Glimulin-MF Tablet PR Glimepiride+Metformin	1 tablet	1-0-1	3 months	Yes
Instructions: Before food				
Oxra S 10mg/100mg Tablet Dapagliflozin+Sitagliptin	1 Tablet	1-0-0	3 months	Yes
Instructions: After breakfast, drink 2 glass of water after breakfast				

FURTHER INVESTIGATIONS

Name	Date	Urgent	Fasting
Fasting Glucose- FBS	2024-09-13	No	Yes
Instructions: This test to be done after 1 month			
PostPrandial Glucose - PPBS	2024-09-13	No	No
Instructions: This test to be done after 1 month			

GENERAL ADVICE

Remember the targets for self management ABCDEM

A for HbA1c (Average Blood sugar estimate)

-Target HbA1c< 6.5 for young diabetics and < 7 if they are > 60 years or on multiple medicines have comorbidities

B for Blood pressure

-Target <130/85

C for Cholesterol

Rekha Singh | 53, FEMALE

12 Aug 2024, 11:54 AM

⇅ 164 cm 📄 57 kg BMI 21.19 kg/m²

-Bad cholesterol LDL <100

D for Diet and Weight management

Losing weight (if you're overweight) will make it easier for your body to lower your blood sugar level, and can improve your blood pressure and cholesterol. If you need to lose weight, it is recommended for most people to do it slowly over time. Aim for around 0.5 to 1kg a week

To achieve this : Try to consume at least 500 calories less than what you currently do, Here is a list of common food items with serving sizes that have 100 calories

Diet changes that are common for for reducing sugar, BP, cholesterol

Eat healthy by consuming less of: -Simple carbs,Trans fat,Saturated fat and cholesterol,Salt

For Simple carbs

-Avoid sugar, honey, jaggery, jelly, jam, cold drinks, ready-to-drink juice products

-Replace white rice with hand pounded or brown as much as possible

-Eat more of salads, green leafy vegetables, fruits (at least 5 servings a day)

-Add ragi and other cereals as much as possible in your diet

For trans fat

-Check food labels for trans fat before buying

-Avoid street food as they use vanaspati or palmolein oil a lot, which have trans fats

For cholesterol and sat fats

-Replace full fat/homogenized milk and milk products with toned or double toned

-Eggs- do not have more than 2-3 egg yolks/week, can have egg white

-Meat- go for lean meat with no visible fat especially pork, beef, mutton fat or chicken skin and organs- liver etc

For salt

-Avoid ready-to-eat oats, soups, noodles, nankeens, chips, pickles, papad, etc

-Use less salt in cooking

E for Exercise

Aerobic: at least 30 min (and preferably ≥60 min) exercise 5 times per week

Strength/resistance exercises: covering all major muscle groups at least twice a week

OR, if you have less time and can not these both types of exercises

HICT (Johnson & Johnson 7 Minute mobile app) - start with one beginners set of 7 minutes and gradually increase to 3 sets , every alternate day

M for Monitoring

Check blood sugars fasting and pre meals once/twice a week

Monitor weight once every three days in the morning and keep a diary/log

Monitor exercise and keep a diary

Get BP checked

Rekha Singh | 53, FEMALE

12 Aug 2024, 11:54 AM

164 cm 57 kg

BMI 21.19 kg/m²

REFERRED TO

In-house Dietician

FOLLOW UP

August 22, 2024 Follow Up With Report And Referral Prescription**Dr. Vikram Patil Okaly**

Cardiometabolic | MBBS, MD (INTERNAL MEDICINE), PGDHHM, PGDHIM | KMC -38807

Disclaimer This prescription is generated based on the information made available by you/user to the Doctor during tele-consultation. Doctor's advice is only based on the accuracy of verbal details provided by you as the mandatory physical examination is not possible. This is not permitted for any medico-legal purposes. We disclaim any liability or responsibility, of harm or injury happening due to misinformation, misrepresentation, misinterpretation and impersonation. If you are experiencing an urgent medical problem, please visit the nearest emergency. Tele-consultation is accessed voluntarily by you knowing the limitations and disclaimer. Tele-consultation is not an alternative/substitute to in-person consultation with a doctor.