

**Appointment ID :** 1035  
**MRP :** 200 BDT  
**Follow up date:** 2014-09-08

**Patient Name :** Manuara  
**RMP Name:** : Moyazzem Hossen  
**RMP contact:** Tab: 01795743312, Personal:  
01713599877  
**Patient Contact :** 01762143223  
**Date :** August 23, 2014, 10:09 pm

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### On Examination

**Pulse:** 100(Beats per min)  
**BP:** 104 / 60(mm/hg)  
**Temperature:** 96 F  
**Respiration:** Normal  
**Arrhythmia:** Absent

**Appearance:** Normal  
**Color:** Normal  
**State of**  
**Consciousness:** Conscious

**Edema:** Absent  
**Dehydration:** Absent  
**Oxygen saturation:** 99 %

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### Chief Complaints

H/O PTB 5yrs back, treated  
H/O DM for 5 yrs irregularly treated, now drugs stopped. FBS 14.2, RBS 20.1  
neck pain radiating to hand  
hot flush, sleep

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### Diagnosis

DM+ Cervical Spondy.?

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#### Rx

tab Dibenol 5mg 1- 0- 1/2  
30 min before meal continue  
tab Caltate 1-0-1 after meal continue  
tab Norzin 0-0-1 8pm 2 months  
tab Flexi 100mg 1-0-1 after meal 1 month  
tab Myolax 50mg 1-0-1  
1 month  
tab Ranidin 150mg 1-0-1  
1 month


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#### Investigations

BS 2hr ABF, CBC, S. Creatinine, Urine R/E, ECG

#### Advice:

take regular anti diabetic drug  
if any problem consult with us  
please do the investigations  
take less carbohydrate and no sweet



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Dr. M. Qamrul Ahsan MBBS, FCPS (P-II)

daily walking 1hour one or two times