

Diabetic Report: Vikram Singh

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1 Patient: Vikram Singh

1.1 Patient Information

- **Name:** Vikram Singh
- **Age:** 45 years
- **Gender:** Male
- **Address:** 78, Model Town, Chandigarh, India
- **Contact:** +91-99887-65432
- **Medical Record Number:** DS2025-09878
- **Date of Report:** June 11, 2025

1.2 Medical History

- **Diagnosis:** Type 2 Diabetes Mellitus (diagnosed 2020)
- **Family History:** Positive for Type 2 Diabetes (father diagnosed at age 55)
- **Other Conditions:** Dyslipidemia, mild hypertension (recently diagnosed)
- **Medications:**
 - Metformin 500 mg twice daily
 - Atorvastatin 10 mg once daily (for dyslipidemia)
 - Telmisartan 40 mg once daily (for hypertension)
- **Lifestyle:** Moderately active (daily walks), high-carb diet (prefers parathas, sweets), occasional smoker, minimal alcohol
- **Previous Complications:** None reported, but recent fatigue and blurred vision

1.3 Clinical Findings

- **Date of Examination:** June 7, 2025
- **Blood Glucose Levels:**
 - Fasting Blood Glucose: 160 mg/dL (Target: <126 mg/dL)
 - Postprandial Blood Glucose: 230 mg/dL (Target: <180 mg/dL)
 - HbA1c: 8.2% (Target: <7.0%)
- **Lipid Profile:**
 - Total Cholesterol: 210 mg/dL (Desirable: <200 mg/dL)
 - LDL Cholesterol: 130 mg/dL (Desirable: <100 mg/dL)
 - HDL Cholesterol: 40 mg/dL (Desirable: >40 mg/dL)
 - Triglycerides: 180 mg/dL (Desirable: <150 mg/dL)

- **Blood Pressure:** 135/88 mmHg (Target: <130/80 mmHg)
- **Kidney Function:**
 - Serum Creatinine: 1.1 mg/dL (Normal: 0.7–1.2 mg/dL)
 - eGFR: 80 mL/min/1.73 m² (Normal: >60 mL/min/1.73 m²)
- **Eye Examination:** Early signs of non-proliferative diabetic retinopathy (June 2025)
- **Foot Examination:** Normal, no numbness or ulcers
- **BMI:** 27.8 kg/m² (Overweight, Target: 18.5–24.9 kg/m²)
- **Waist Circumference:** 98 cm (Target: <90 cm for males)

1.4 Assessment

- **Diabetes Control:** Poorly controlled (HbA1c 8.2%)
- **Risk Factors:** Overweight, high waist circumference, dyslipidemia, and early retinopathy increase cardiovascular and microvascular risks
- **Complications:** Early diabetic retinopathy detected, requiring close monitoring
- **Socioeconomic Context:** Urban resident with access to healthcare, but dietary habits (high-carb, sweets) and occasional smoking contribute to poor control

1.5 Recommendations

1. Medication Adjustments:

- Increase Metformin to 850 mg twice daily, consider adding SGLT2 inhibitor (e.g., Dapagliflozin) after endocrinologist review
- Continue Atorvastatin and Telmisartan, monitor lipid profile and BP

2. Lifestyle Modifications:

- **Diet:** Consult dietitian for low-carb, high-fiber diet; reduce sweets and refined carbs (e.g., parathas); include millets and vegetables
- **Exercise:** Increase to 150 min/week of brisk walking or cycling, add strength training twice weekly
- **Smoking:** Complete cessation of smoking to reduce cardiovascular risk
- **Weight Management:** Aim for 5–7% weight loss to achieve BMI <25 kg/m²

3. Screening and Monitoring:

- Home glucose monitoring (fasting and postprandial) using glucometer
- Repeat HbA1c in 3 months
- Biannual retinopathy screening due to early findings

- Annual nephropathy and neuropathy screening

4. **Education and Support:**

- Enroll in diabetes self-management program to learn glucose monitoring and complication prevention
- Use mobile apps for medication reminders and diet tracking

5. **Follow-Up:** Schedule endocrinologist visit in 3 months to review glucose control and retinopathy

1.6 **Additional Notes**

- Patient's profile aligns with high Type 2 diabetes prevalence in urban India (11.8% in adults over 50, per 2019 National Diabetes Survey)
- Early retinopathy (prevalence 17.6% in urban South India) necessitates proactive management to prevent progression
- Lifestyle factors, particularly diet and smoking, are critical barriers to control

Disclaimer

This is a fictional report created for illustrative purposes based on general diabetes statistics and trends in India. For a real diabetic report, consult a health-care provider with access to patient medical history and test results.