

DR. ROSHINI S
 MBBS., FID(UK), DFID(CMC)
 REG NO: 104817

Patient Name: Ms. MEENA SURESH
 HR No: 22450
 Age/Gender: 60Y, 6M / Female
 Date: 25-02-2026
 Wt: 61.2 BP: /

Allergy: sulfa

S.No	Drugs	Morn	Noon	Night	Stop Date	Remarks	Doctor Name
1	INJECTION LANTUS CATRIDGE (INSULIN GLARGINE) 100 IU	-	-	14units @ 9 pm daily		Before Food	Dr. Roshini S
2	INJECTION NOVORAPID FLEXPEN (INSULIN ASPART) 100IU/ML	6	4	6		Before food	Dr. Roshini S
3	STALOPAM LITE (CLONAZEPAM/ ESCITALOPRAM) 0.25/10	1/2	-	1/2		After food	DR Anil Dave
4	CAPSULE NERVUP OD (ALPHA LIPOIC ACID FOLIC ACID MECOBALAMIN (METHYLCOBALAMIN) PYRIDOXINE) 100MG /1.5MG/1500MCG/ 3MG	1	-	-		After Food	Dr. Roshini S
5	ROZAVEL (ROSUVASTATIN) 20 mg	-	-	1		After food	Dr.Roshini S

Diagnosis : DIABETES TYPE 2
 LICHEN PLANUS
 PERIPHERAL NEUROPATHY

Management / Advice : DIET: 1500 KCAL LOW FAT DIABETIC DIET
 Exercise: 30 minutes walking daily.

H/O HYPO 80 @ 9.30AM

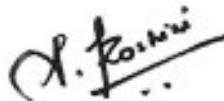
FBS 109, 101, 139
 PPBS 135, 140, 133
 PL 128, 106, 197
 PD 107, 267, 133

17-02-26
 FBS 149
 PPBS 88
 HbA1c 10.5% << 8.39%
 Total chol 310
 TGL 108
 LDL 213

BMI 23.45, wt 61.2 kgs
 BP 180/75

Follow Up Plan

: Check FBS, PPBS, POST LUNCH AND POST DINNER AFTER 2 WEEKS
Monitor BP FOR 3 CONSECUTIVE DAYS AND SHARE READINGS.



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16/3 -

FBS	PPBS	PL	PD

Dr Roshai Pradeep.

Meena Suresh, HR-22450

Date.	FBS	PPBS	P. Lunch	P. Dinner
16/3	134	109	280	250
17/3	140	75	104	246
18/3	128	140	154	225

Blood Pressure.

Date	Morning	Evening.
16/3	160/70	143/74
17/3	149/69	140/82
18/3	149/76.	145/68