


Name

Deepak Gupta

Date of Birth

 2024-05-08

Gender

Male


Contact Number

489921018


Email

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Start Date

 2024-05-22

Reevaluate Date

 2024-05-23

Prescription Intervention

CVD Risk: Mediterranean diet


Intervention Summary & Patient Instructions

Prevention of subsequent cardiovascular events in patients who have had myocardial infarction, or for patients who are at high risk of cardiovascular disease.

tal energy intake is adapted to meet individual needs. There is no specific fat restriction, as long as fat is mostly derived from fatty fish and plant sources (particularly olive oils or nuts). Patients view the Mediterranean diet as tastier and more filling than low-fat diets, which leads to increased long-term compliance.



Date of prescription

 2024-09-05

Signature of doctor

your logo®

Doctor name/details

Mumbai, Thane, 401105

