

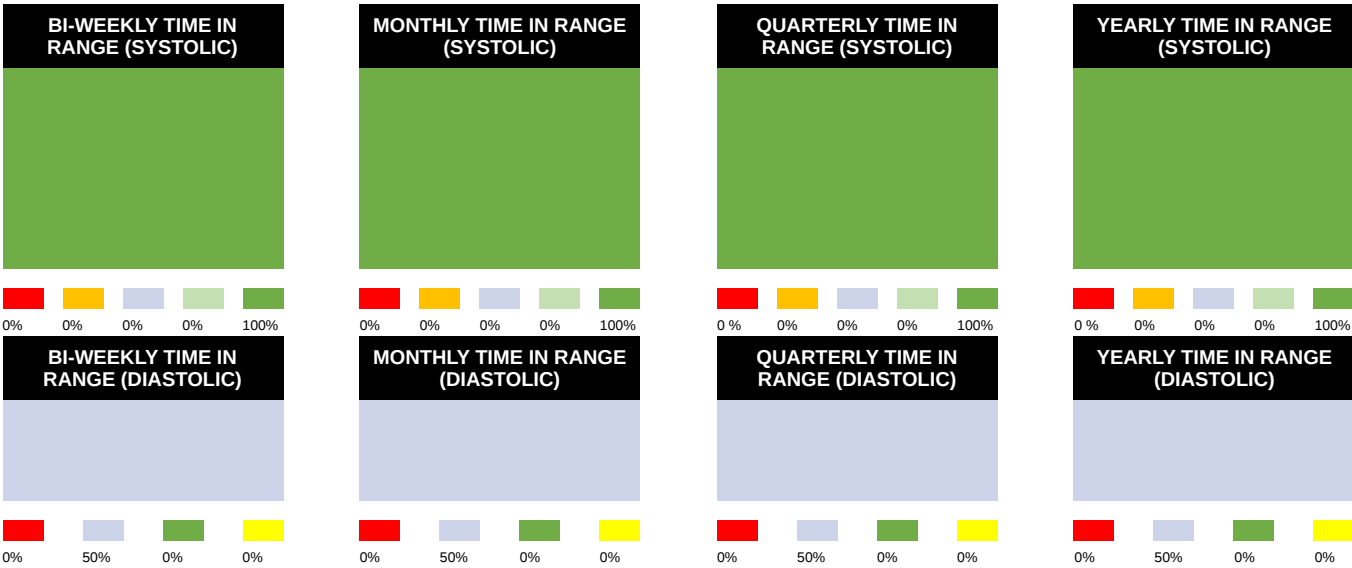


40 Mitchell Ave, Binghamton, NY 13903 Phone:(607) 723-1676

Patient Name: Ashlie Braman
Height: 5.5

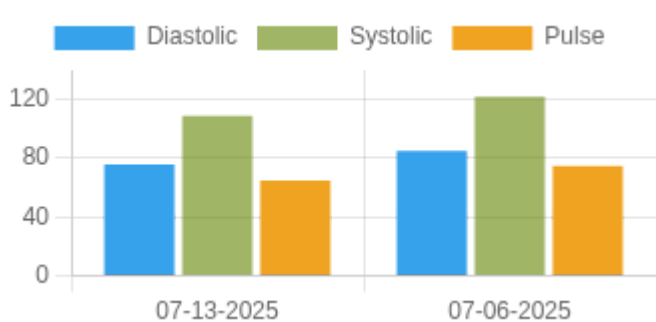
MRN #: 6993
Weight: 185

Birth Year:
Hypertension: S1



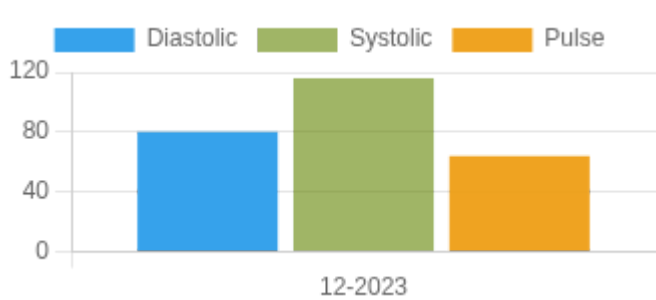
Blood Pressure Averages

Blood Pressure Averages: Weekly



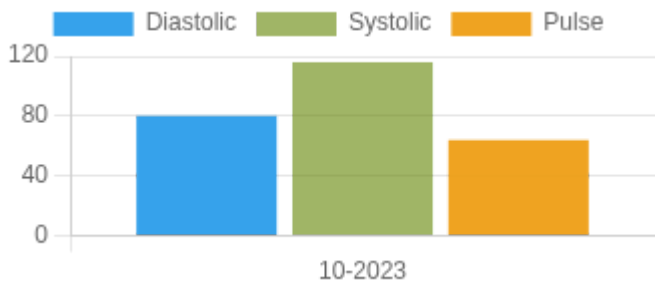
Week	Systolic(n)	Diastolic(n)	Pulse(n)
07-13-2025	109 (1)	76 (1)	65 (1)
07-06-2025	122 (1)	85 (1)	75 (1)

Blood Pressure Averages: Monthly



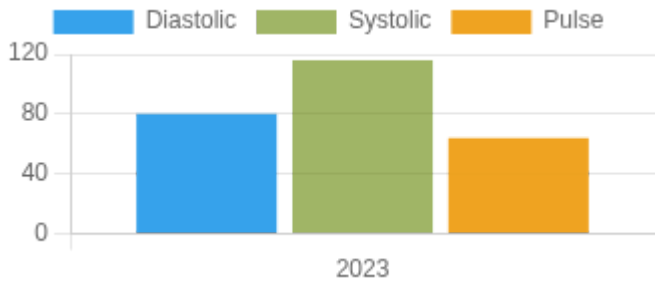
Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
12-2023	116 (1)	80 (1)	64 (1)

Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
10-2023	116 (1)	80 (1)	64 (1)

Blood Pressure Averages: Yearly



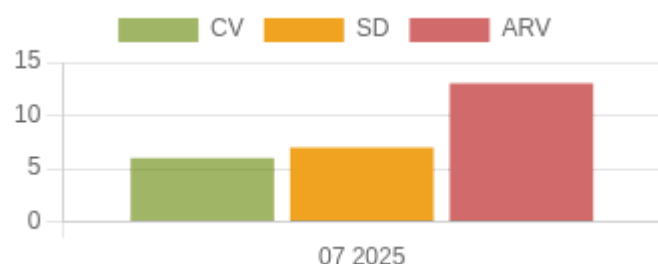
Year	Systolic(n)	Diastolic(n)	Pulse(n)
2023	116 (1)	80 (1)	64 (1)

Chat

Sender	Receiver	Messege	Date&Time
Allison , M.D.	Ashlie Braman	Good afternoon! I have some exciting news for our patients who are currently using a Dexcom or Libre CGM! Diabetic Care Associates has partnered with Center Health to provide even more exceptional care to our patients. You may have already received a link to join, but if you haven't, you can use this web address: https://center.health/dca to sign up. Our Practice Code is QJ2M25. ** It is important to note that you will also need to have either the Dexcom or Libre app already installed on your phone in order to participate. When you are linking Center Health to your Dexcom or Libre app, you will also need the password to your Dexcom or Libre app in order to link it appropriately. ** Center Health allows our providers the ability to monitor your levels in between your visits, in order to better personalize your treatment and receive alerts if you ever develop high risk patterns. At this time only Dexcom and Libre CGM's are supported. After you are enrolled, there is nothing else for you to do! You will receive a confirmation text or email which will include information on the Center Health Diabetes App (WHICH IS COMPLETELY FREE TO USE AS A PATIENT OF DCA ON A CGM). This app is NOT a requirement to participate with Center Health; the Center Health app is just an added perk which would allow you to do things like sync your fitness trackers & CGM and have access to Center Health's virtual diabetes assistant Aria; she can even give you menu and recipe recommendations! Have a great day!	23-07-2025
Ashlie Braman	R.A. Ramanujan , M.D.	no medications just some supplements for working out	23-07-2025
R.A. Ramanujan , M.D.	Ashlie Braman	His current medication ???	23-07-2025
Ashlie Braman	R.A. Ramanujan , M.D.	20	23-07-2025
R.A. Ramanujan , M.D.	Ashlie Braman	How Old is he ??	23-07-2025
Ashlie Braman	R.A. Ramanujan , M.D.	I get out of work at 430. so anytime. just a matter of if I have service or not	01-07-2025

R.A. Ramanujan , M.D.	Ashlie Braman	Best time window to reach next few days ??	01-07-2025
R.A. Ramanujan , M.D.	Ashlie Braman	One or two a month will be great. Best	27-06-2025
Ashlie Braman	R.A. Ramanujan , M.D.	I will find someone to do it for me	27-06-2025
R.A. Ramanujan , M.D.	Ashlie Braman	Will call with results and update. Hope you send your BA # off and on 🙏	27-06-2025
Ashlie Braman	R.A. Ramanujan , M.D.	hello, did you want me to make an appointment to go over labs?	26-06-2025
R.A. Ramanujan , M.D.	Ashlie Braman	👍	23-06-2025
Ashlie Braman	R.A. Ramanujan , M.D.	I'll go in am	23-06-2025
Ashlie Braman	R.A. Ramanujan , M.D.	ok awesome!!	23-06-2025
R.A. Ramanujan , M.D.	Ashlie Braman	Order sent UHS Wilson, Vestal PKW and BGH.	23-06-2025
Ashlie Braman	R.A. Ramanujan , M.D.	or wherever is easiest. I work in Binghamton now. so I can go to a Uhs too	23-06-2025
Ashlie Braman	R.A. Ramanujan , M.D.	I can do at Lourdes Guthrie at anytime	23-06-2025
R.A. Ramanujan , M.D.	Ashlie Braman	When and where can do you go for the lab 🙏	23-06-2025
Ashlie Braman	R.A. Ramanujan , M.D.	good morning. I was wondering when my next appt was with Dr. Ram. wasn't sure if I should see him or my PCP. I've been noticing I've been bruising very very easily lately and the tiredness as at an all extreme. I sometimes feel like I have pressure on my chest. I think I might need an EKG and some labs done. Thanks!	23-06-2025

Systolic Variability Trends

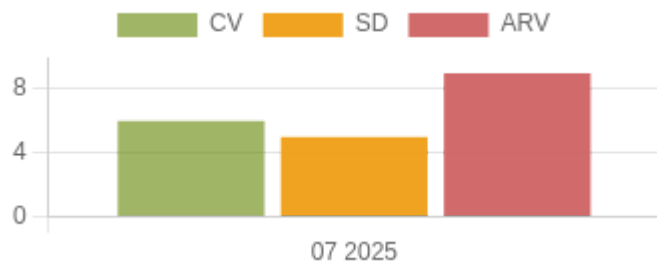


1. **CV** –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

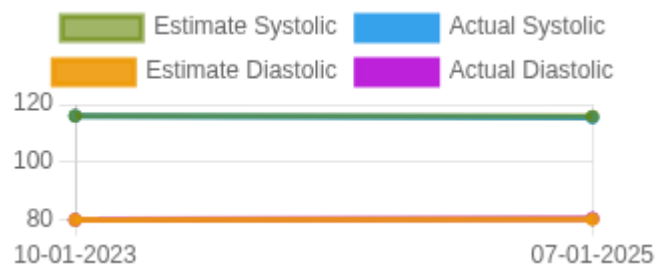
2. **ARV** – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, within-subject variability. It is defined as the average of the absolute differences between consecutive readings, Units = mmHg.

3. **SD** – Standard deviation is a statistical measurement of variability. It measures how much variation there is from the average (mean), Units = mmHg.

Diastolic Variability Trends



Kalman Trends



1. **Mean(Arithmetic Mean)** – Mean is the average of a set of numbers

2. **SD** – Standard deviation is a statistical measurement of variability. It measures how much variation there is from the average (mean).

3. **V**- Variance determines the spread of numbers.. It measures how far each number in the set is from the mean (average) and from every other number in the set.

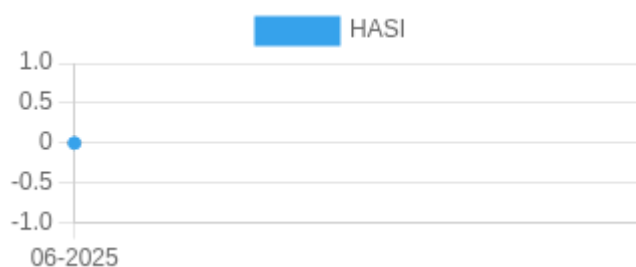
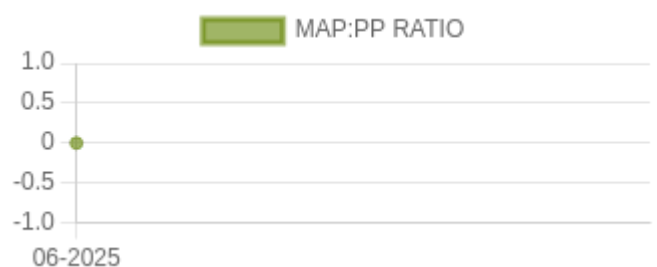
PSR

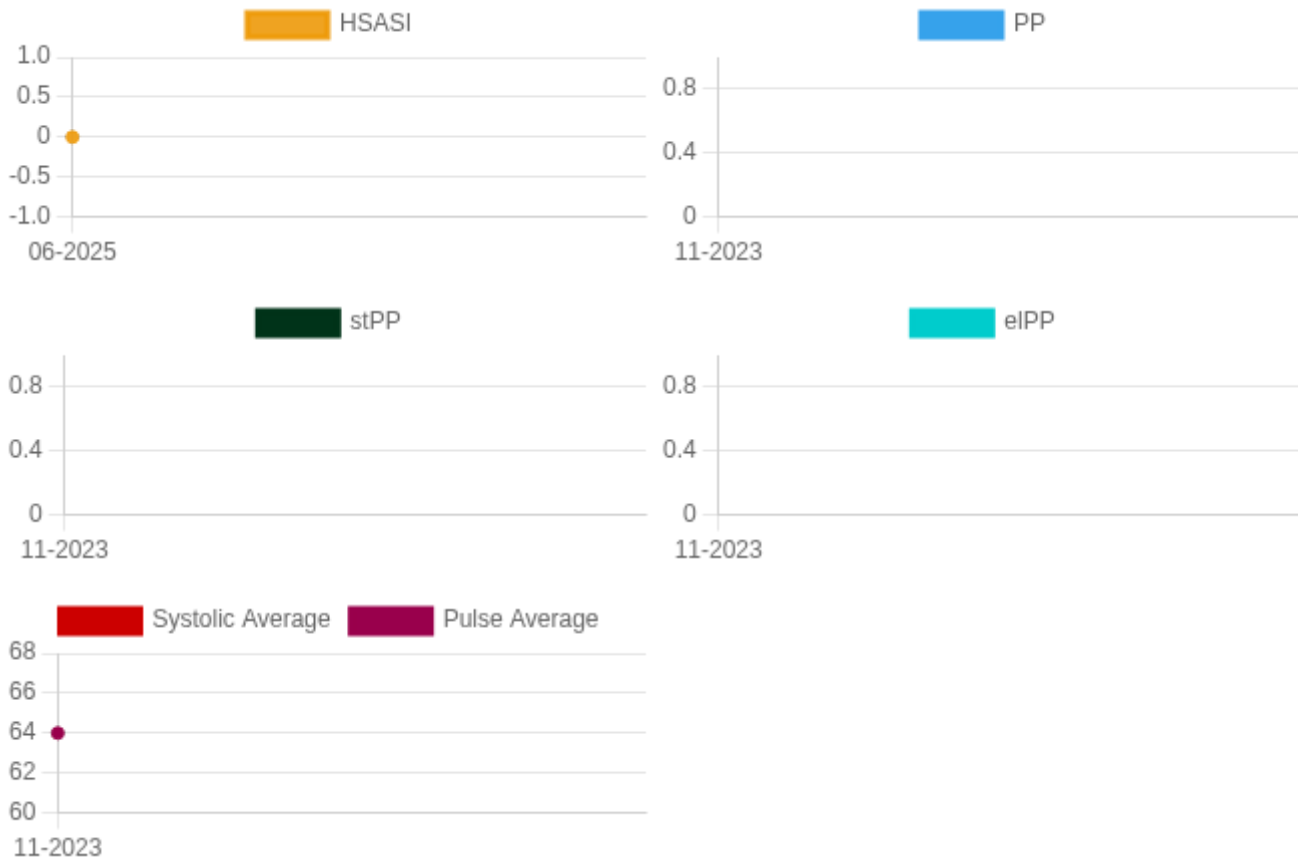


PSR: Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as $PSR = \frac{[systolic\ stiffness]}{[diastolic\ stiffness]}$.

HbA1c Trends

Others Trends





1. **MAP:PP Ratio**- Mean Arterial Pressure : Pulse Pressure Ratio
2. **HASI**- Home arterial stiffening index
3. **HSASI**- Home Symmetric arterial stiffening index
4. **PP**- Pulse Pressure
5. **WIF or widening factor number.** $WIF = K - 1 / \ln(K) - 1$, where K is the variability ratio ($K = \text{Systolic Std. Dev} / \text{Diastolic Std. Dev}$)
6. **eIPP**- Elastic component of pulse pressure. $eIPP = (PP - stPP)$
7. **stPP**- Stiffening component of pulse pressure. $stPP = PP / (1 + WIF)$

eCO graph



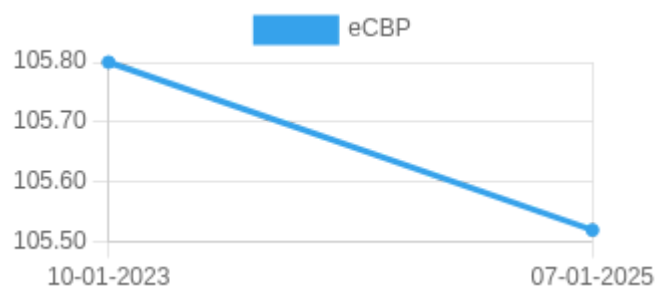
eCO (Estimated Cardiac Output) Normal range to be added 5 – 10 liters/minute

Units of eCO (Estimated Cardiac Output) – liters/minute

eCBP graph

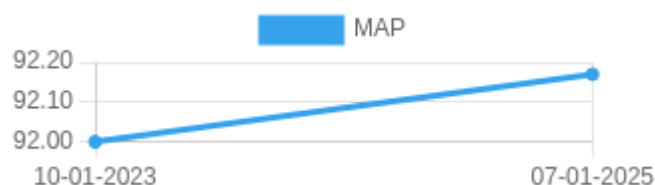
eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

1. Cardiac output scale is in liters/minute. Normal range at rest is 5-6 liters/min and (with activity goes up to 30 -35 liters/min)



2. Central mean BP is Squared, Mean radial artery BP/diastolic BP in mmHg. Scale in mmHg and range is in mmHg and the scale Should be between 0-50 50-100, 150 and 200 mmHg. No established normal at the moment.

MAP graph



MAP -Mean arterial blood pressure. $MAP = \text{Diastolic blood pressure} + \frac{1}{3}(\text{Systolic blood pressure} - \text{Diastolic blood pressure})$

Reference & Abbreviations

Guide to abbreviations and blood pressure, pulse and other Metrics.

HBPM -Home blood pressure measurement.	HBS -Home blood sugar
PP -Pulse pressure	AP -Average pulse
BPV -Blood pressure variability	SV -Systolic variability
DV -Diastolic variability	PV -Pulse variability
ARV -Average real variability	CV -Coefficient of variation %
SD -Standard deviation	MAP -Mean arterial blood pressure
MAP: PP Mean Arterial Pressure : Pulse Pressure	HASI -Home arterial stiffness index
HSASI -Home Symmetric arterial stiffness index	Estimated CO -Cardiac output [CO= (PPxHR)x.002]
PSR Pulse stiffening ratio. (PSR = SBP/DBP or slope of systolic BP/slope of diastolic BP)	

Estimated central blood pressure ECBP (ECBP = brachial MBP2/brachial DBP or ECBP = radial MBP2/radial DBP)

Normal Ranges.

Systolic BP 110 – 120 mm Hg

Diastolic BP 70 – 80 mmHg

Pulse 60 - 100/min

Pulse pressure (PP) 40 mmHg (Low PP less than 25% of the systolic BP and high PP greater than 100 mm Hg)

Normal stroke volume (SV) 60 -100 ml

Cardiac output (CO) SV x pulse rate/min

Estimate Cardiac output = Stroke volume / m

Blood pressure variability; Not defined in USA. But desirable ranges ESH guidelines; Systolic day time BP less than 15 mmHg and Diastolic less than 7.9 mmHg and Weighted SD less than 12.8 mmHg for systolic

Definitions.

MAP:PP ratio not defined.

Pulse stiffening ration; Not defined. $\text{Pulse pressure} \times \text{inverse log (std. dev. systolic / std. dev. Diastolic) / (std. dev. systolic / std. dev. Diastolic)} - 1$ (Pulse pressure $\times \ln(K)/(K-1)$ where K is systolic Sd /diastolic SD.)

Home arterial stiffness index; Not defined

Home arterial symmetric arterial index: Not defined.

Central blood pressure:Not defined

References.

MAP;
Chemla D, Antony I, Zamani K, Nitenberg A. Mean aortic pressure is the geometric mean of systolic and diastolic aortic pressure in resting humans. J Appl Physiol (1985). 2005 Dec;99(6):2278-84. doi: 10.1152/japplphysiol.00713.2005. Epub 2005 Jul 28. PMID: 16051709. Tien LYH, Morgan WH, Cringle SJ, Yu DY. Optimal Calculation of Mean Pressure From Pulse Pressure. Am J Hypertens. 2023 May 21;36(6):297-305. doi: 10.1093/ajh/hpad026. PMID: 36945835; PMCID: PMC10200551.

PSR:

Gavish B, Izzo JL Jr. Arterial Stiffness: Going a Step Beyond. Am J Hypertens. 2016 Nov 1;29(11):1223-1233. doi: 10.1093/ajh/hpw061. PMID: 27405964.

DCBP:

Chemla D, Millasseau S, Hamzaoui O, Teboul JL, Monnet X, Michard F, Jozwiak M. New Method to Estimate Central Systolic Blood Pressure From Peripheral Pressure: A Proof of Concept and Validation Study. Front Cardiovasc Med. 2021 Dec 15;8:772613. doi: 10.3389/fcvm.2021.772613. PMID: 34977186; PMCID: PMC8714848.

CO

Koenig J, Hill LK, Williams DP, Thayer JF. Estimating cardiac output from blood pressure and heart rate: the liljestrand& zander formula. Biomed Sci Instrum. 2015;51:85-90. PMID: 25996703; PMCID: PMC5317099.

BP

Mean arterial blood pressure;

Guidelines recommend less than 125 mmHg Poon LC, Shennan A, Hyett JA, Kapur A, Hadar E, Divakar H, McAuliffe F, da Silva Costa F, von Dadelszen P, McIntyre HD, Kihara AB, Di Renzo GC, Romero R, D'Alton M, Berghella V, Nicolaides KH, Hod M. The International Federation of Gynecology and Obstetrics (FIGO) initiative on pre-eclampsia: a pragmatic guide for first-trimester screening and prevention. Int J

GynaecolObstet 2019;

145(Suppl 1):1–33.Not defined in general (desirable MAP ,90 mm Hg)Melgarejo JD, Yang WY, Thijs L, Li Y, Asayama K, Hansen TW, Wei FF, Kikuya M, Ohkubo T, Dolan E, Stolarz-Skrzypek K, Huang QF, Tikhonoff V, Malyutina S, Casiglia E, Lind L, Sandoya E, Filipovský J, Gilis-Malinowska N, Narkiewicz K, Kawecka-Jaszcz K, Boggia J, Wang JG, Imai Y, Vanassche T, Verhamme P, Janssens S, O'Brien E, Maestre GE, Staessen JA, Zhang ZY; International Database on Ambulatory Blood Pressure in Relation to Cardiovascular Outcome Investigators*. Association of Fatal and Nonfatal Cardiovascular Outcomes With 24-Hour Mean Arterial Pressure. Hypertension. 2021 Jan;77(1):39-48

We hope these complementary multiparametric data along with standard set used in daily practice helps to understand home blood pressure trend and other information they may potentially generate in the future to understand medication effects and patient management.

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