



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

**Patient Name:** Carol Benjamin  
**Height:** 5.9

**MRN #:** 250  
**Weight:** 0

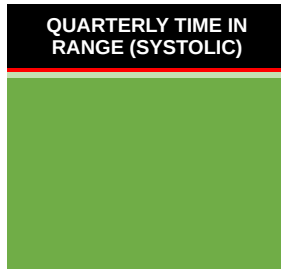
**Birth Year:**  
**Hypertension:** S1



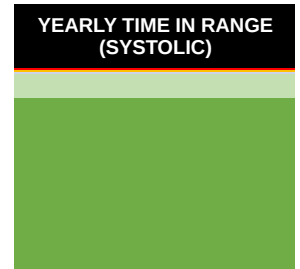
0% 0% 0% 9.09% 90.91%



0% 0% 0% 5% 95%



1.79% 0% 0% 3.57% 94.64%



1.27% 0.64% 1.27% 11.46% 85.35%



9.09% 27.27% 63.64% 0%



5% 15% 75% 5%



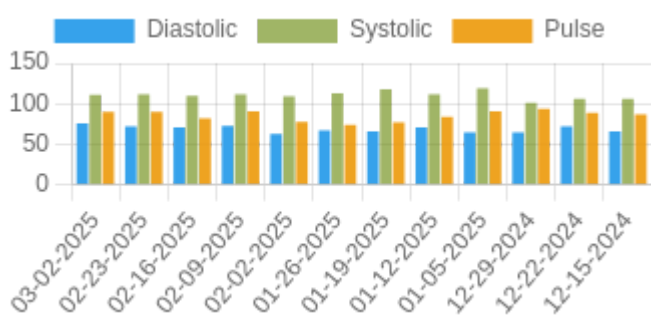
1.79% 10.71% 83.93% 3.57%



2.55% 15.29% 73.89% 7.64%

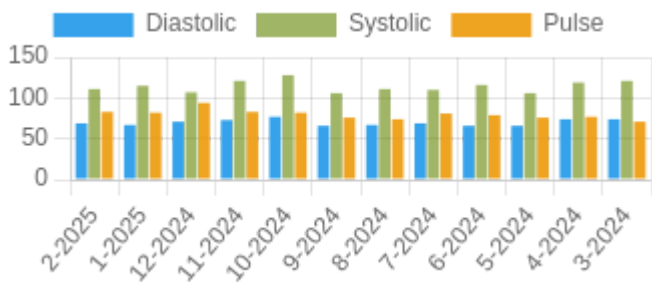
## Blood Pressure Averages

### Blood Pressure Averages: Weekly



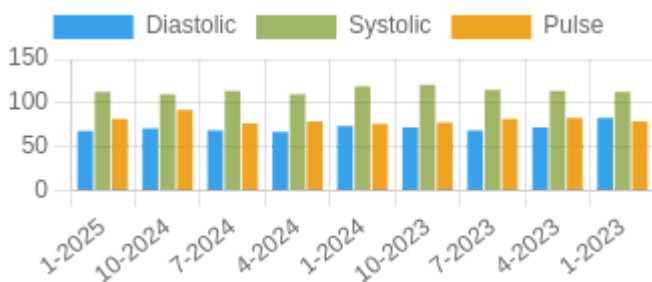
Week	Systolic(n)	Diastolic(n)	Pulse(n)
03-02-2025	111 (4)	76 (4)	90 (4)
02-23-2025	112 (5)	72 (5)	90 (5)
02-16-2025	110 (6)	71 (6)	82 (6)
02-09-2025	112 (2)	73 (2)	91 (2)
02-02-2025	109 (5)	63 (5)	78 (5)
01-26-2025	113 (5)	67 (5)	74 (5)
01-19-2025	118 (7)	66 (7)	77 (7)
01-12-2025	112 (6)	71 (6)	84 (6)
01-05-2025	119 (4)	65 (4)	91 (4)
12-29-2024	101 (3)	65 (3)	94 (3)
12-22-2024	106 (3)	72 (3)	89 (3)
12-15-2024	106 (2)	66 (2)	87 (2)

## Blood Pressure Averages: Monthly



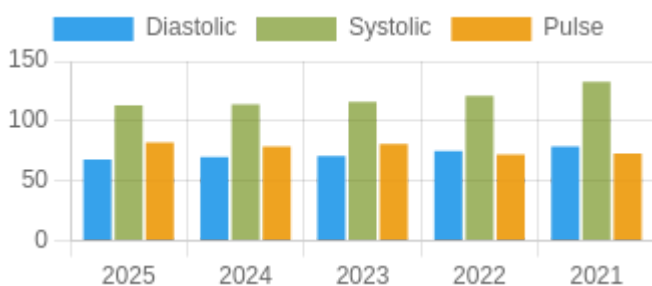
Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
2-2025	111 (18)	69 (18)	83 (18)
1-2025	115 (22)	67 (22)	82 (22)
12-2024	107 (13)	71 (13)	94 (13)
11-2024	121 (3)	73 (3)	83 (3)
10-2024	128 (8)	77 (8)	82 (8)
9-2024	106 (11)	66 (11)	76 (11)
8-2024	111 (11)	67 (11)	74 (11)
7-2024	110 (18)	69 (18)	81 (18)
6-2024	116 (8)	66 (8)	79 (8)
5-2024	106 (19)	66 (19)	76 (19)
4-2024	119 (29)	74 (29)	77 (29)
3-2024	121 (15)	74 (15)	71 (15)

### Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	113 (40)	68 (40)	82 (40)
10-2024	110 (16)	71 (16)	92 (16)
7-2024	114 (30)	69 (30)	77 (30)
4-2024	110 (45)	67 (45)	79 (45)
1-2024	119 (51)	74 (51)	76 (51)
10-2023	121 (37)	72 (37)	78 (37)
7-2023	115 (53)	69 (53)	82 (53)
4-2023	114 (43)	72 (44)	83 (44)
1-2023	113 (4)	83 (4)	79 (4)

### Blood Pressure Averages: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	113 (40)	68 (40)	82 (40)
2024	114 (142)	70 (142)	79 (142)
2023	116 (137)	71 (138)	81 (138)
2022	121 (147)	75 (147)	72 (147)
2021	133 (26)	79 (26)	73 (26)

### Blood Sugar Averages

Week	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
03-09-2025	174(5)		182(5)	153(1)	186(4)	242(1)	218(5)
03-01-2025	160(6)		174(5)	180(1)	200(5)		254(5)
02-21-2025	158(9)		183(4)	212(1)	176(6)		199(3)
02-13-2025	160(7)		160(5)		164(5)		234(4)

Month-Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
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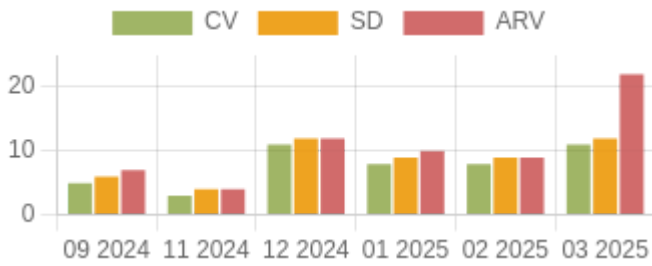
03-2025	167(6)		181(6)	153(1)	186(4)	242(1)	222(6)
02-2025	158(25)		167(17)	196(2)	179(20)		227(15)
01-2025	147(31)		144(27)	196(1)	166(26)		205(30)
12-2024	188(31)		202(18)	260(4)	223(24)		253(30)

Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2025	153(62)		156(50)	185(4)	173(50)	242(1)	213(51)
01-01-2024	146(282)	81(2)	162(156)	217(8)	186(192)	190(5)	221(224)
01-01-2023	146(208)	136(73)	136(155)	142(48)	150(163)	145(45)	181(154)

## Chat

Sender	Receiver	Messege	Date&Time
Carol Benjamin	R.A. Ramanujan , M.D.	Would like to see my bs numbers lower.... 🙏🙏🙏🙏🙏🙏	23-02-2025
Carol Benjamin	R.A. Ramanujan , M.D.	Should I take or Ethan the 18u of Toujeo to lower my bs numbers? I have finished the doxycycline. Still coughing a lot and bringing up green stuff. I am exhausted and sore all over from the forceful coughing in order to get the phlegm up and out! My doctor said that this bug is las ting 4 weeks	23-02-2025
R.A. Ramanujan , M.D.	Carol Benjamin	🙏	14-02-2025
Carol Benjamin	R.A. Ramanujan , M.D.	🙏	14-02-2025
R.A. Ramanujan , M.D.	Carol Benjamin	GM, Will keep watching your trend and respond. Best	12-02-2025
Carol Benjamin	R.A. Ramanujan , M.D.	I had a COPD exasperation and am on Doxycycline for a week, twice a day. Do I need to make any adjustments?	12-02-2025
Carol Benjamin	R.A. Ramanujan , M.D.	thank you! 😊🙏🙏	06-02-2025
R.A. Ramanujan , M.D.	Carol Benjamin	Good luck!	06-02-2025
Carol Benjamin	R.A. Ramanujan , M.D.	Thank you for your input...T is GREATLY appreciated! 🙏🙏	06-02-2025
R.A. Ramanujan , M.D.	Carol Benjamin	👍 18 units of Toujeo 🙏	05-02-2025
Carol Benjamin	R.A. Ramanujan , M.D.	Tomorrow night I will begin taking .5 of Mounjero. How much Toujeo should I reduce to? I was taking 23 units of Toujeo while I was injecting .25 of the Mounjero! Thank you for you input! 🙏 Carol	05-02-2025

## Systolic Variability Trends

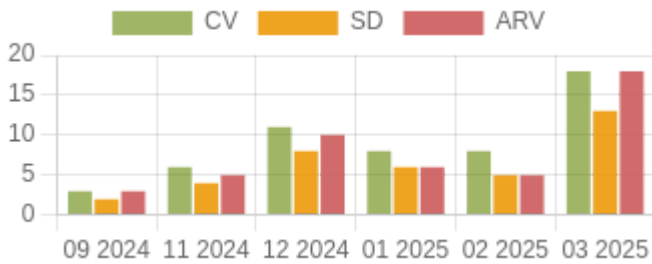


**1. CV** –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

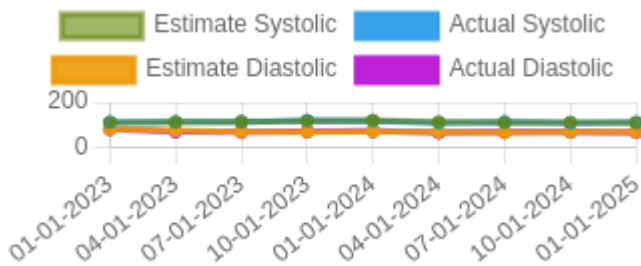
**2. ARV** – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, within-subject variability. It is defined as the average of the absolute differences between consecutive readings, Units = mmHg.

**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).

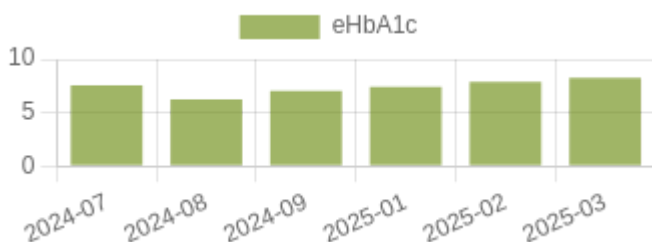
**3. V-** Variance determines the spread of numbers.. It measures how far each number in the set is from the mean (average) and from every other number in the set.

## PSR



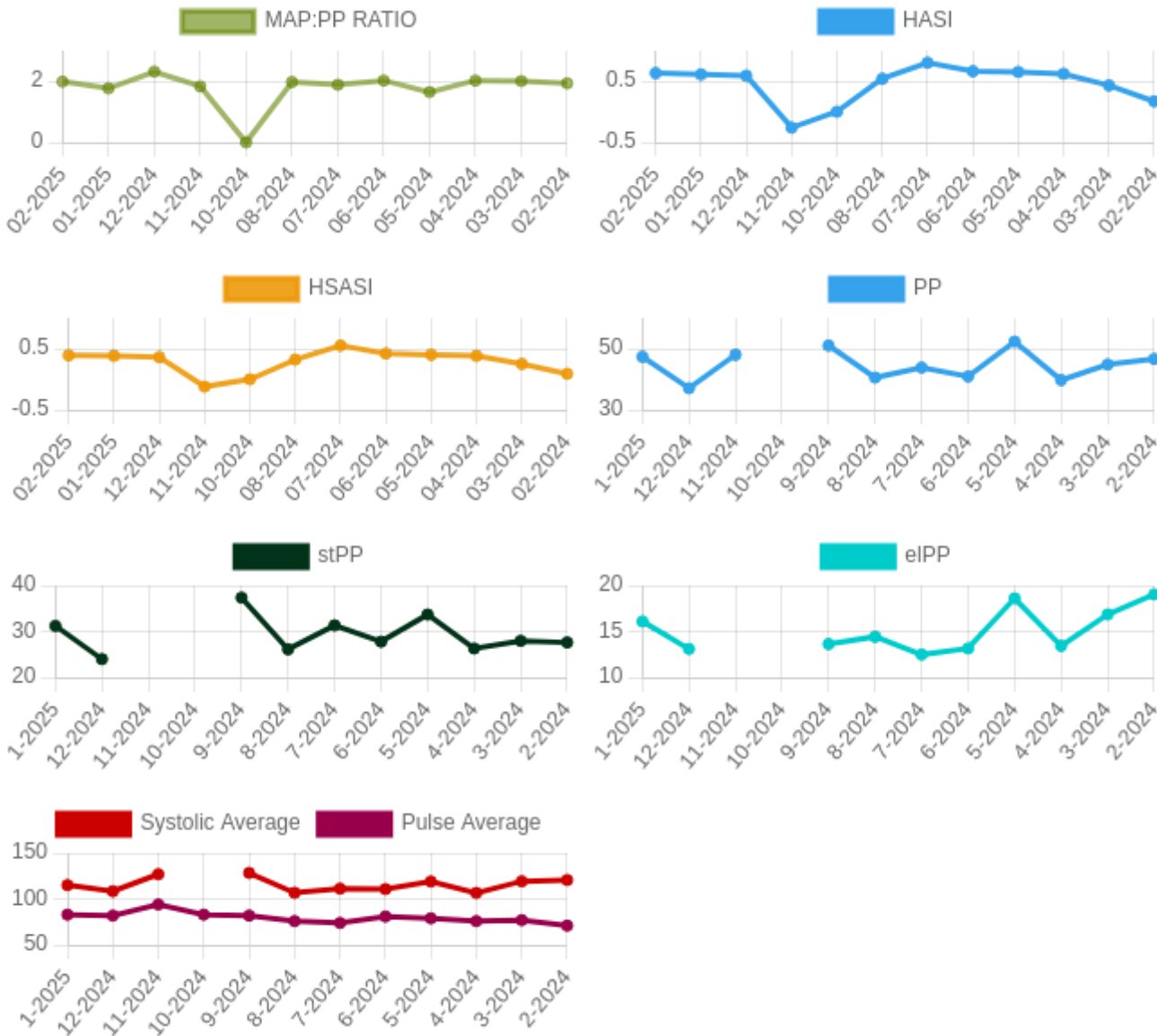
**PSR:** Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as  $PSR = \frac{[systolic\ stiffness]}{[diastolic\ stiffness]}$ .

## HbA1c Trends



**Estimated HbA1c** - eHbA1c

## 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 (  $K = \text{Systolic Std. Dev} / \text{Diastolic Std. Dev}$  )

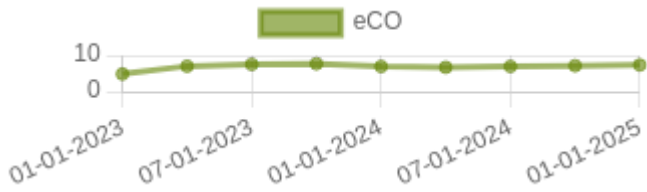
6. **eIPP**- Elastic component of pulse pressure.  $eIPP = (PP - stPP)$

7. **stPP**- Stiffening component of pulse pressure.  $stPP = PP / (1 + WIF)$

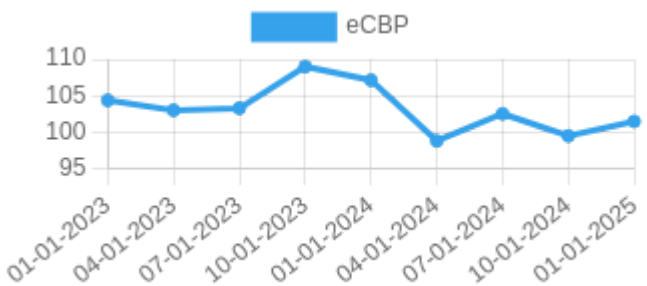
## eCO graph

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

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



## eCBP graph

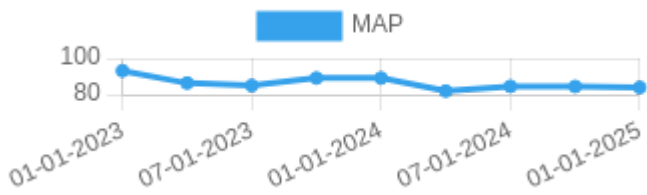


eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

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

## Reference & Abbreviations

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

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

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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. Pulse pressure \* inverse log ( std. dev. systolic / std. dev. Diastolic) / (std. dev. systolic / std. dev. Diastolic) - 1 (Pulse pressure X 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**

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understand medication effects and patient management.

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