DIABETIC CARE associates

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

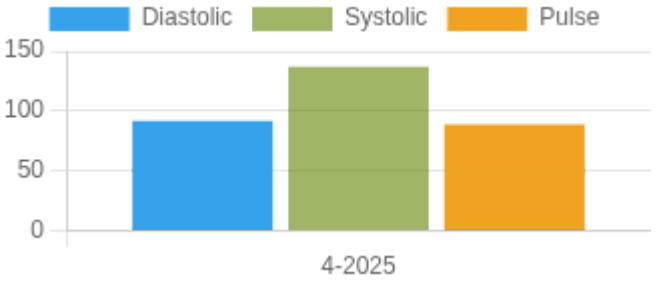
Patient Name: Cory Wilber
Height: 5.10
MRN #: 8155
Weight: 175
Birth Year:
Hypertension: S1

Blood Pressure Averages

Blood Pressure Averages: Weekly

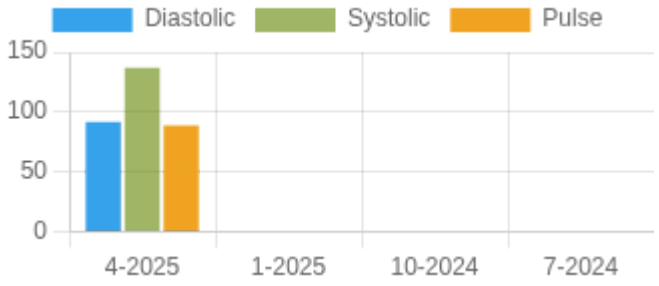
Week	Systolic(n)	Diastolic(n)	Pulse(n)

Blood Pressure Averages: Monthly



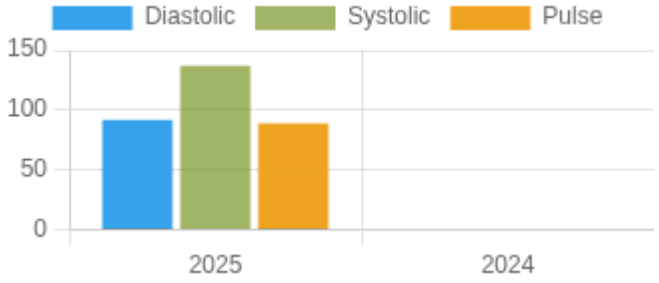
Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
4-2025	137 (1)	92 (1)	89 (1)

Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
4-2025	137 (1)	92 (1)	89 (1)
1-2025	0 (0)	0 (0)	0 (0)
10-2024	0 (0)	0 (0)	0 (0)
7-2024	0 (0)	0 (0)	0 (0)

Blood Pressure Averages: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	137 (1)	92 (1)	89 (1)
2024	0 (0)	0 (0)	0 (0)

Blood Sugar Averages

Week	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
05-11-2025	130(4)						125(1)
05-03-2025	159(6)						152(2)
04-25-2025	145(7)						164(5)
04-17-2025	123(5)	115(1)					105(4)

Month-Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
05-2025	137(7)						125(1)
04-2025	137(24)	115(1)					141(15)
03-2025	123(28)		113(1)				133(21)
02-2025	138(29)		143(9)				177(12)

Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2025	135(119)	134(2)	142(30)	303(1)			149(68)
01-01-2024	140(160)	152(12)	127(95)	156(19)	161(3)	195(10)	163(114)

Chat

Sender	Receiver	Messege	Date&Time
Cory Wilber	R.A. Ramanujan , M.D.	THANK YOU	06-05-2025
null Lexi Matthias, LPN	Cory Wilber	YES, PRIOR AUTH WAS INITIATED. WE SHOULD HEAR FROM YOUR INSURANCE COMPANY IN A FEW DAYS. LEXI	06-05-2025
Cory Wilber	R.A. Ramanujan , M.D.	Checking to see if you've received authorization stuff from Walmart for mounjaro?	05-05-2025

R.A. Ramanujan , M.D.	Cory Wilber	You may opt the way you wish. Best	30-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	Rite Aid is normal pharmacy. Was told that I had to use Express Scripts for Jardiance and Gabapentin. Unsure why. I didn't change. Do you need me to change Doctors?	30-04-2025
R.A. Ramanujan , M.D.	Cory Wilber	We have problems sending RX unless you specify the pharmacy. Your listed by priority is not what you now ask us to do. Sorry to let you know these very time consuming issues.	30-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	Express Scripts	30-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	okay. if possible please use direct scripts delivered to home	30-04-2025
R.A. Ramanujan , M.D.	Cory Wilber	Please check your bottle for refills	30-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	Gabapentin as well	29-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	Going to need mounjaro, metformin, and jardiance please. Thank you.	29-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	okay	29-04-2025
R.A. Ramanujan , M.D.	Cory Wilber	Not appropriate to change now	29-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	Do you wnt to try something different or not?	29-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	Never had them until after started with the unsulin and mounjaro.	29-04-2025
R.A. Ramanujan , M.D.	Cory Wilber	Doubt your symptoms are related to diabetes ???	29-04-2025
Cory Wilber	R.A. Ramanujan , M.D.	New insurance starts the 1st. Haven't taken Jardiance in a couple of weeks. Gabapentin doesn't seem to be helping with pain or tingling. Only thing we haven't tried is something different then Metformin. Please let me know what you think so we can get scripts ordered. Thank you.	28-04-2025
Amy Burpee , MS,RD,CDE	Cory Wilber	👍	14-04-2025

Systolic Variability Trends

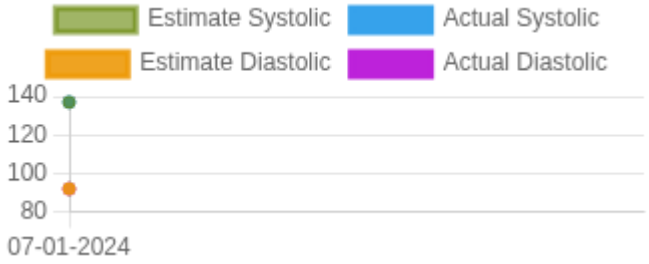
1. CV –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

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

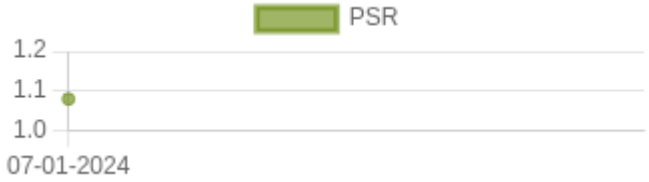


1. Mean(Arithmetic Mean) – Mean is the average of a set of numbers

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

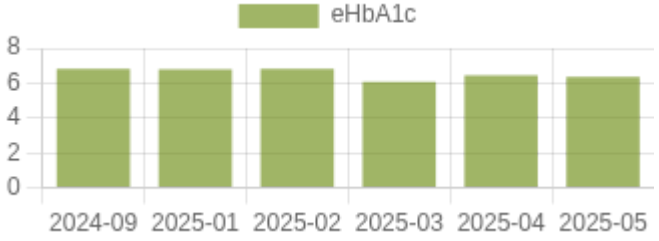
3. V- Variance determines the spread of numbers.. It measures how far each number in the set is from the mean (average) and from every other number in the set.

PSR



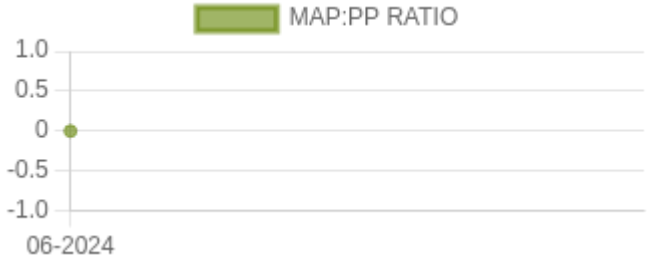
PSR: Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as PSR = [systolic stiffness]/[diastolic stiffness].

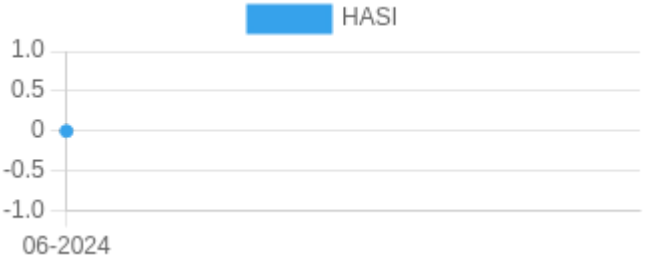
HbA1c Trends

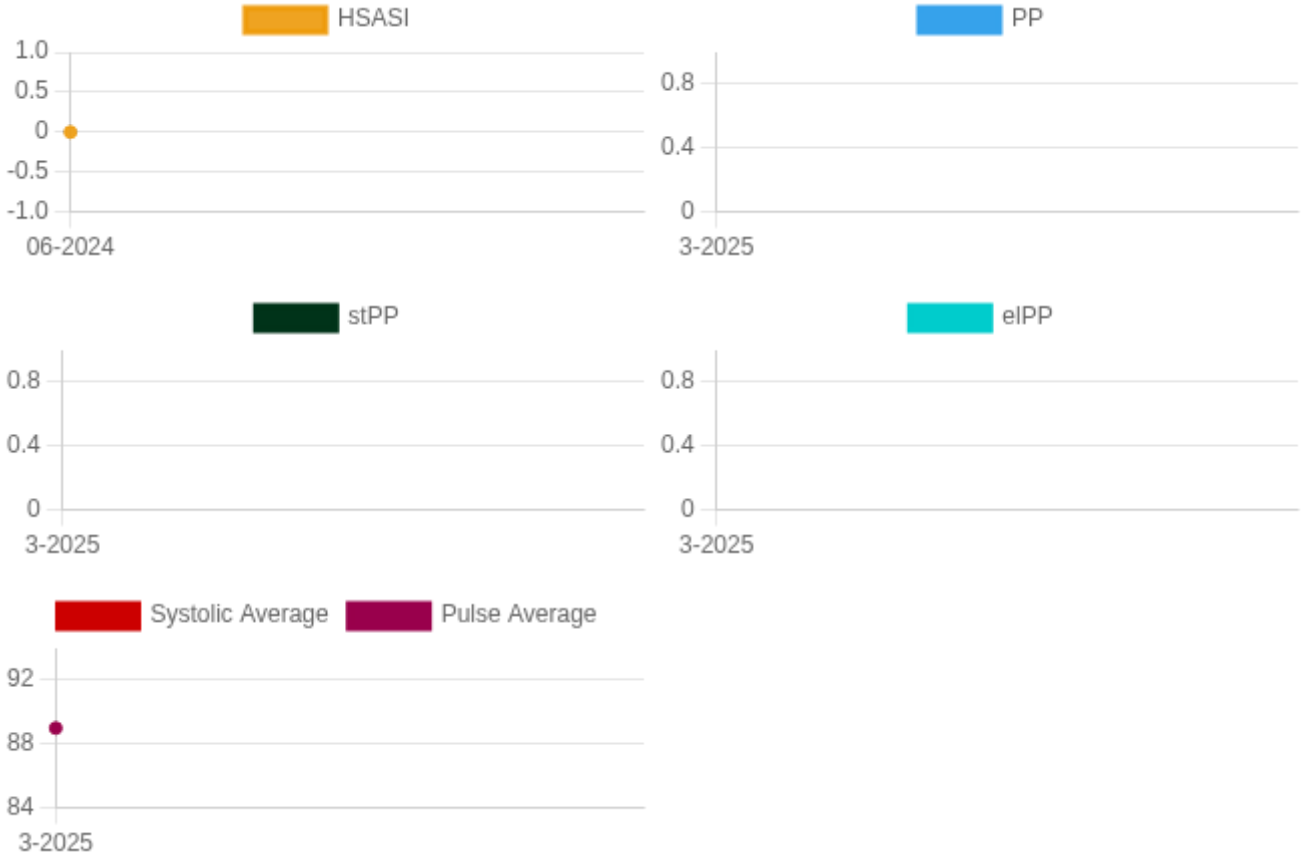


Estimated HbA1c - eHbA1c

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/In(K)-1, where K is the variability ratio (K = Systolic Std. Dev / Diastolic Std. Dev)

6. elPP- Elastic component of pulse pressure. elPP= (PP - stPP)

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

eCO graph

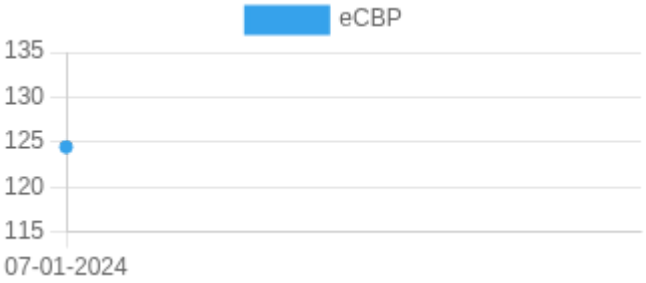
eCO (Estimated Cardiac Output) Normal range to be added 5 – 10 liters/minute

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 + 1/3(Systolic blood pressure – Diastolic blood pressure)

Reference & Abbreviations

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

HBPM -Homme 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. Pulse pressure * inverse log (std. dev. systolic / std. dev. Diastolic) / (std. dev. systolic / std. dev. Diastolic) - 1 (Pulse pressure X In (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. FrontCardiovasc 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 andother information they may potentially generate in the future to understand medication effects and patient management.

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