

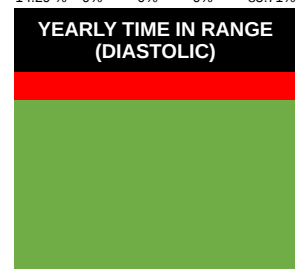
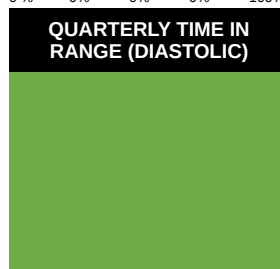
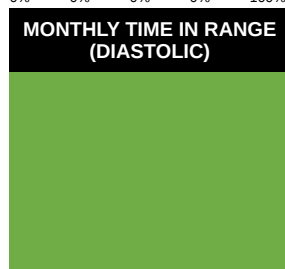
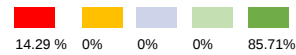
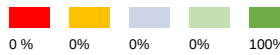
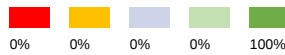


40 Mitchell Ave, Binghamton, NY 13903 Phone:(607) 723-1676

Patient Name: Dana Deliman
Height: 5.3

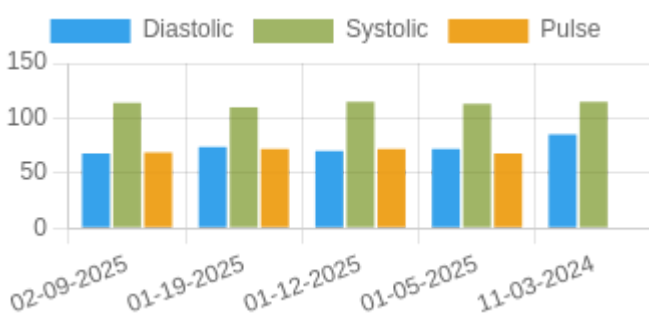
MRN #: 6678
Weight: 142

Birth Year:
Hypertension: S1



Blood Pressure Averages

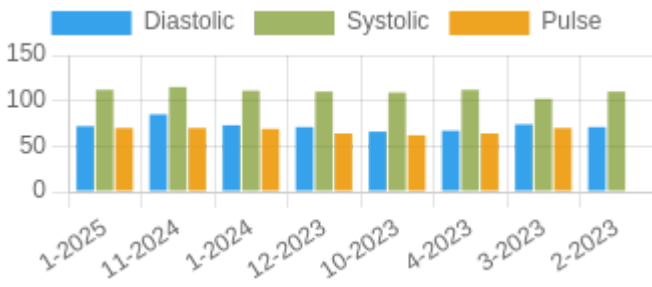
Blood Pressure Averages: Weekly



Week	Systolic(n)	Diastolic(n)	Pulse(n)
02-09-2025	114 (2)	68 (2)	69 (2)
01-19-2025	110 (1)	74 (1)	72 (1)
01-12-2025	115 (1)	70 (1)	72 (1)
01-05-2025	113 (1)	72 (1)	68 (1)
11-03-2024	115 (2)	85 (2)	0 (2)

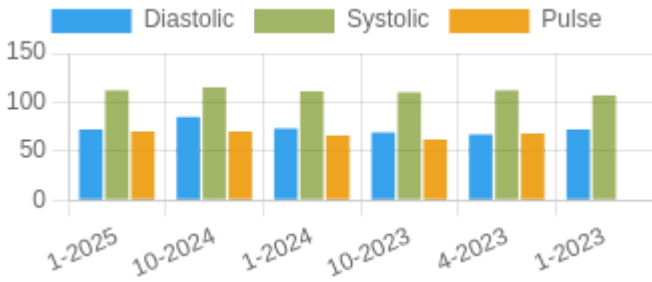
Blood Pressure Averages: Monthly

Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	112 (3)	72 (3)	70 (3)
11-2024	115 (2)	85 (2)	70 (5)
1-2024	111 (5)	73 (5)	69 (3)
12-2023	110 (3)	71 (3)	64 (3)



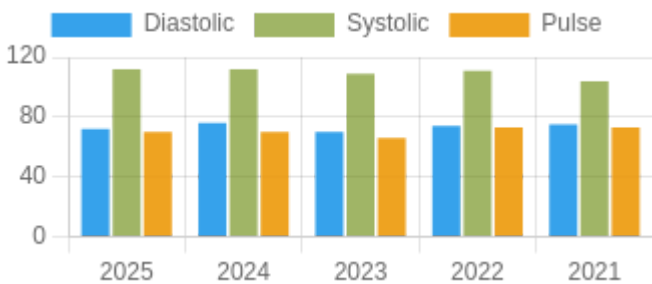
10-2023	109 (3)	66 (3)	62 (3)
4-2023	112 (3)	67 (3)	64 (1)
3-2023	102 (1)	74 (1)	70 (2)
2-2023	110 (2)	71 (2)	0 (0)

Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	112 (3)	72 (3)	70 (3)
10-2024	115 (2)	85 (2)	70 (5)
1-2024	111 (5)	73 (5)	66 (6)
10-2023	110 (6)	69 (6)	62 (3)
4-2023	112 (3)	67 (3)	68 (3)
1-2023	107 (3)	72 (3)	0 (0)

Blood Pressure Averages: Yearly



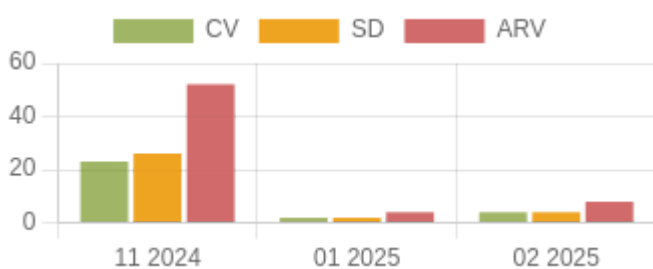
Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	112 (3)	72 (3)	70 (3)
2024	112 (7)	76 (7)	70 (5)
2023	109 (13)	70 (13)	66 (13)
2022	111 (29)	74 (29)	73 (29)
2021	104 (8)	75 (8)	73 (8)

Chat

Sender	Receiver	Messege	Date&Time
Dana Deliman	R.A. Ramanujan , M.D.	thank you!!	13-02-2025
Amy Burpee , MS,RD,CDE	Dana Deliman	I have passed the message back to the nursing staff for you!	13-02-2025
Dana Deliman	R.A. Ramanujan , M.D.	hello! I need another refill on the phentermine Hcl 37.5mg. please send it in to Guthrie pharmacy Reynolds road Johnson city. plz and thank you.	13-02-2025
Dana Deliman	R.A. Ramanujan , M.D.	thank you!	14-01-2025
R.A. Ramanujan , M.D.	Dana Deliman	👍	14-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	good morning! I need a refill on the phentermine sent to the Guthrie pharmacy at the commons (mall). plz and thank you.	14-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	thank you.	12-01-2025

R.A. Ramanujan , M.D.	Dana Deliman	Send BP # please 🙏	11-01-2025
R.A. Ramanujan , M.D.	Dana Deliman	Rx sent.	11-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	and no oxycodone since surgery it's not needed nor do I want to be on it ever again makes my tummy upset at times.	11-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	just so ya know.	11-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	ok . I have barely used the methocarbamol it was from after surgery. Prozac they are tapering me off was using that when my mom passed.	11-01-2025
R.A. Ramanujan , M.D.	Dana Deliman	After recent contact, Topiramate interacts with oxycodone, methocarbamol and Prozac. Will get back soon as I can find friendly match.	11-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	hi! I got a message you sent in the prescription and then seconds later it showed you cancelled. called and spoke with pharmacist and he stated it showed you cancelled the prescription he said to contact you to see what happened.	11-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	also not only am I continuing to gain the inches that I have put on.	10-01-2025
Dana Deliman	R.A. Ramanujan , M.D.	hello! I have been doing some web searching. I know you drs love you. lol. is there ANY possible way it could be my pituitary glad. another thing I had thought of last night is that I also have been taking the phentermine for the past couple months and that hasn't even helped. the weight and the mood swings and all the other symptoms are taking a big toll on me. I can't even stand being around my self 😊. lol. this has never happened to me before. what can be happening. I'm seriously going into a depression from all of this.	10-01-2025
R.A. Ramanujan , M.D.	Dana Deliman	🙏	09-01-2025
R.A. Ramanujan , M.D.	Dana Deliman		09-01-2025

Systolic Variability Trends

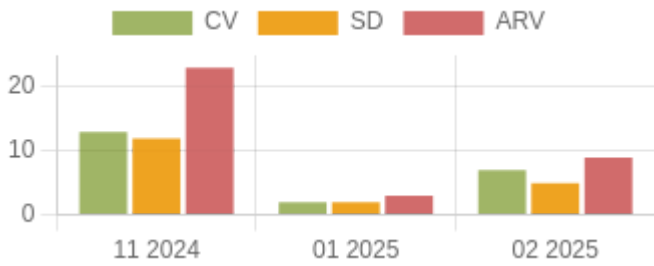


1. CV –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

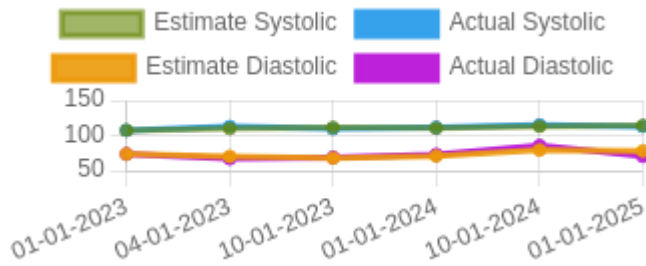
2. ARV – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, within-subject variability. It is defined as the average of the absolute differences between consecutive readings, Units = mmHg.

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

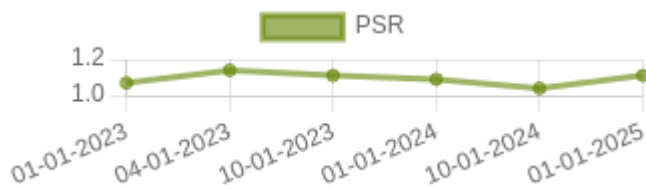


1. Mean(Arithmetic Mean) – Mean is the average of a set of numbers

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.

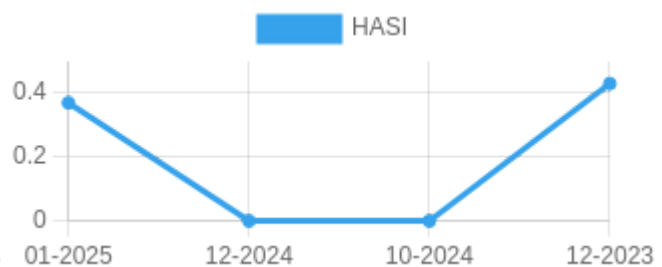
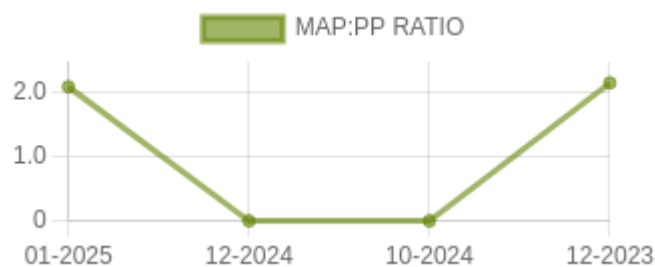
PSR

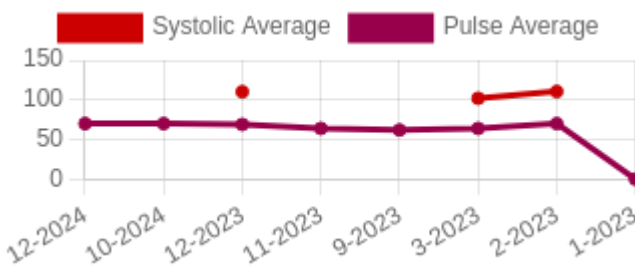
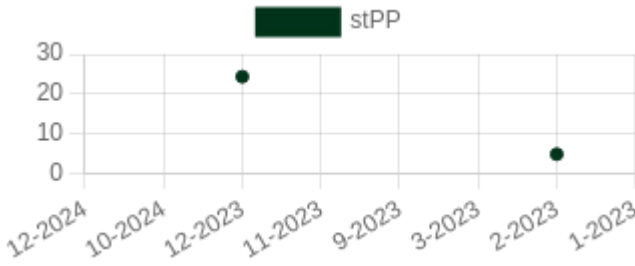
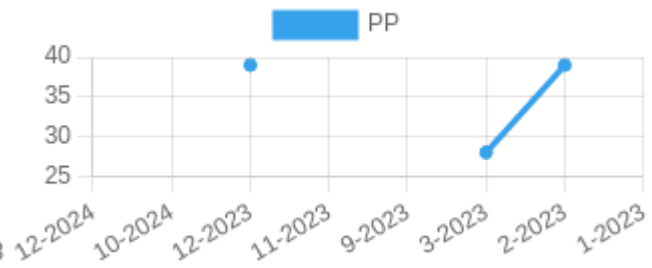
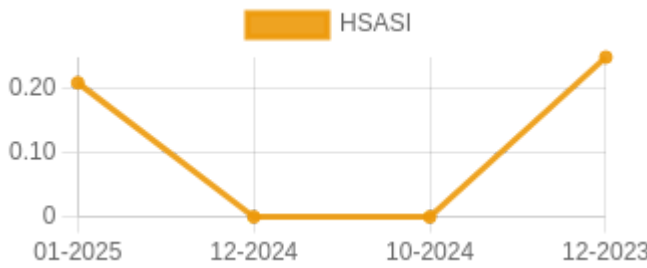


PSR: Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as $PSR = \frac{\text{systolic stiffness}}{\text{diastolic stiffness}}$.

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

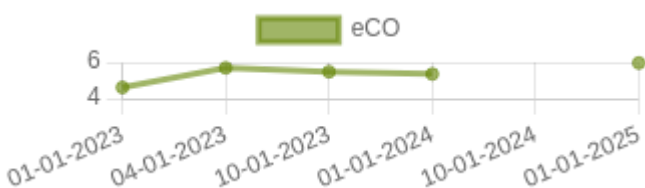
4. **PP**- Pulse Pressure

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



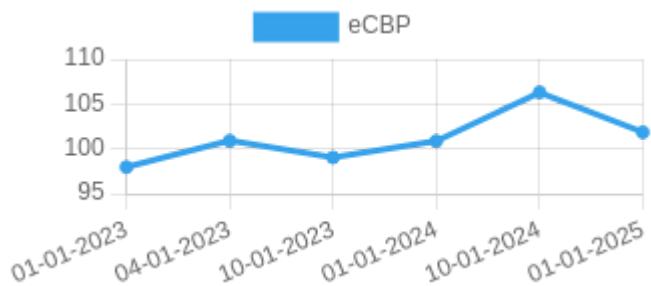
eCO (Estimated Cardiac Output) Normal range to be added 5 – 10 liters/minute

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

eCBP graph

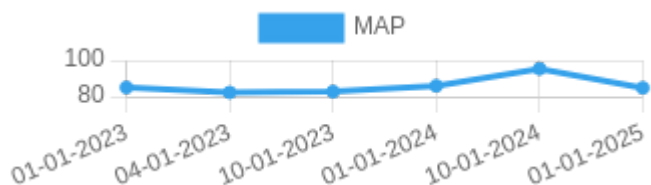
eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

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 = Diastolic blood pressure + 1/3(Systolic blood pressure – 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. 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/jappphysiol.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 ilijstrand& 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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