



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

**Patient Name:** David Sliom  
**Height:** 5.7

**MRN #:** 8232  
**Weight:** 170

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



44.44% 11.11% 22.22% 11.11% 11.11%



35.29% 14.71% 11.76% 20.59% 17.65%



33.82% 8.82% 10.29% 17.65% 29.41%



33.82% 8.82% 10.29% 17.65% 29.41%



22.22% 66.67% 11.11% 0%



20.59% 44.12% 29.41% 5.88%



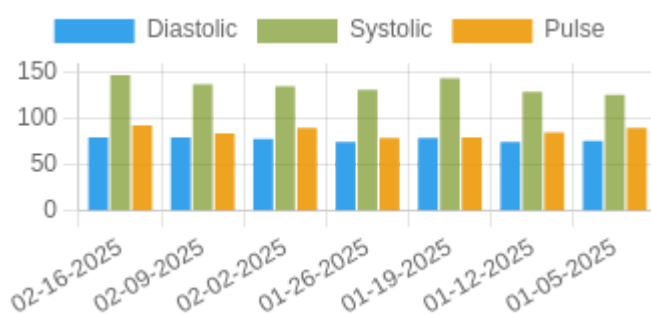
17.65% 39.71% 32.35% 5.88%



17.65% 39.71% 32.35% 5.88%

## Blood Pressure Averages

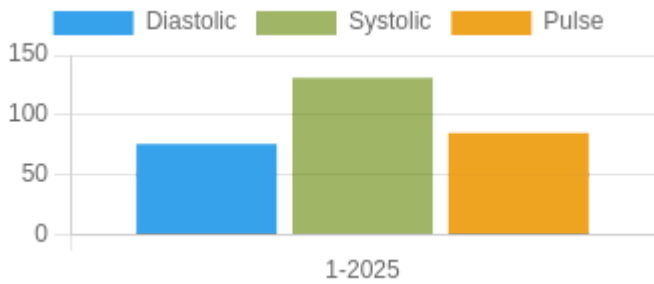
### Blood Pressure Averages: Weekly



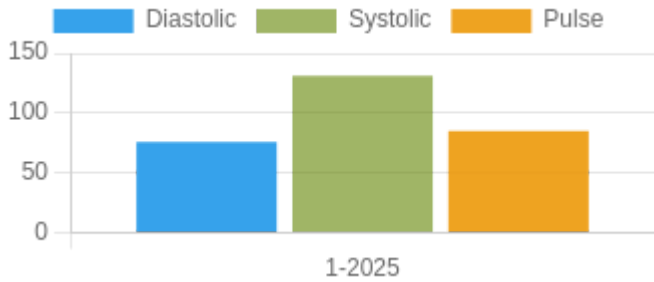
Week	Systolic(n)	Diastolic(n)	Pulse(n)
02-16-2025	147 (5)	80 (5)	93 (5)
02-09-2025	137 (4)	80 (4)	84 (4)
02-02-2025	135 (3)	78 (3)	90 (3)
01-26-2025	131 (14)	75 (14)	79 (14)
01-19-2025	144 (10)	79 (10)	80 (10)
01-12-2025	129 (13)	75 (13)	85 (13)
01-05-2025	126 (19)	76 (19)	90 (19)

### Blood Pressure Averages: Monthly

Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	131 (50)	76 (50)	85 (50)

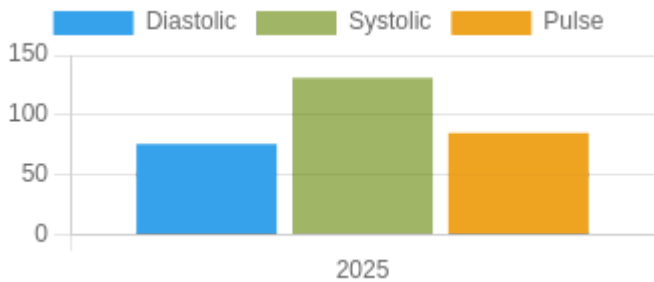


## Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	131 (50)	76 (50)	85 (50)

## Blood Pressure Averages: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	131 (50)	76 (50)	85 (50)

## Blood Sugar Averages

Week	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
02-23-2025	84(4)				210(1)	67(1)	
02-15-2025	181(2)				196(1)		
02-07-2025	189(5)	223(2)	319(1)	216(2)	104(1)		
01-30-2025	240(5)					348(2)	

Month-Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
02-2025	139(10)	212(1)		168(1)	170(3)	67(1)	
01-2025	210(20)	234(1)	319(1)	232(5)	224(7)	283(5)	253(1)

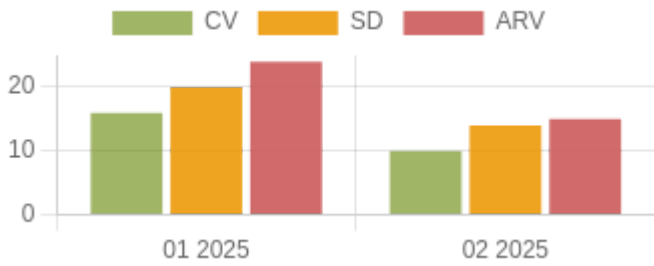
Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2025	186(30)	223(2)	319(1)	222(6)	208(10)	247(6)	253(1)

## Chat

Sender	Receiver	Messege	Date&Time
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Amy Burpee , MS, RD, CDE	David Sliom	So glad to hear surgery is over!!! When I see you in March we will try the Mounjaro and decrease your insulin. Give yourself some time to heal. Thanks for letting us know.	19-02-2025
David Sliom	R.A. Ramanujan , M.D.	Dr Sethi completed the posterior fusion on Friday. i am hone recovering and resdy to work on my blood suqar.	19-02-2025
David Sliom	R.A. Ramanujan , M.D.	Dr Sethi completed the posterior fusion on Friday. i am hone recovering and resdy to work on my blood suqar.	19-02-2025
R.A. Ramanujan , M.D.	David Sliom	👍	10-02-2025
David Sliom	R.A. Ramanujan , M.D.	hello Dt. the insurance prefers Tresiba thank you.	10-02-2025
R.A. Ramanujan , M.D.	David Sliom	Relieved!	01-02-2025
David Sliom	R.A. Ramanujan , M.D.	will do	31-01-2025
R.A. Ramanujan , M.D.	David Sliom	Please flash and send extra readings today. Best	31-01-2025
David Sliom	R.A. Ramanujan , M.D.	i think i misread the pen. there are 300 units sobshould have enough for 10 days with this pen. sorry for any confusion. there is no need for a prescription. very sorry.	31-01-2025
R.A. Ramanujan , M.D.	David Sliom	If it agrees will send Rx to pharmacy today.	31-01-2025
David Sliom	R.A. Ramanujan , M.D.	i will take 30 units today whuchwill lesve only 40 units in the pen	31-01-2025
David Sliom	R.A. Ramanujan , M.D.	also i will finish the pen on Saturday. what should i do?	31-01-2025
David Sliom	R.A. Ramanujan , M.D.	i took 30 units yesterday. but the numbers did not change much last night.	31-01-2025
R.A. Ramanujan , M.D.	David Sliom	GM David, Hope the number will be more reasonable today. Best	31-01-2025
R.A. Ramanujan , M.D.	David Sliom	GM David, Please call today. BS is too high cannot afford to wait!	30-01-2025
R.A. Ramanujan , M.D.	David Sliom	GM, Glad BP is down. Please stay connected. Best	28-01-2025
David Sliom	R.A. Ramanujan , M.D.	i am frustrated because i feel in limbo waiting for this second surgery and being unable to deal with my other problems	24-01-2025
David Sliom	R.A. Ramanujan , M.D.	they still have me on the surgery schedule for January 31.	24-01-2025
R.A. Ramanujan , M.D.	David Sliom	Can we move forward from this end to get BP and BS control ?/	24-01-2025
R.A. Ramanujan , M.D.	David Sliom	You can take Januvia.	23-01-2025

## Systolic Variability Trends

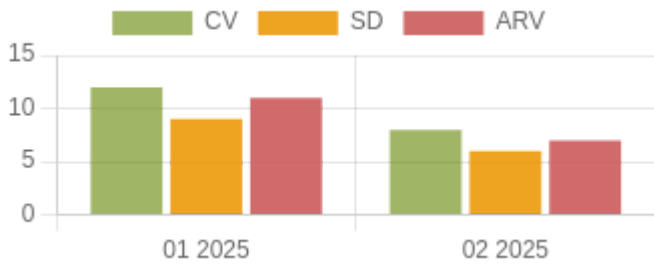


**1. CV** –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

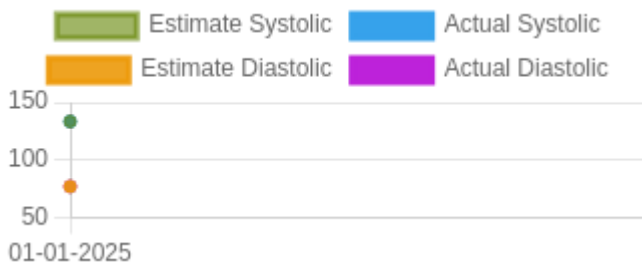
**2. ARV** – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, within-subject variability. It is defined as the average of the absolute differences between consecutive readings, Units = mmHg.

**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).

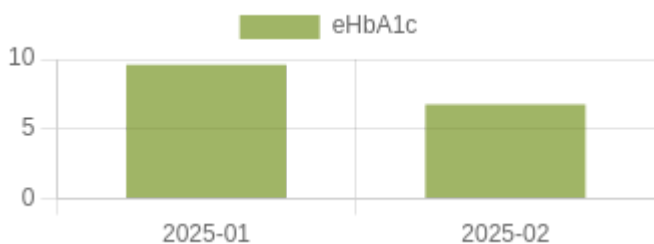
**3. V-** Variance determines the spread of numbers.. It measures how far each number in the set is from the mean (average) and from every other number in the set.

## PSR



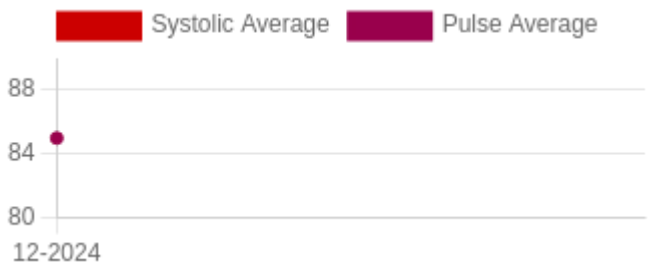
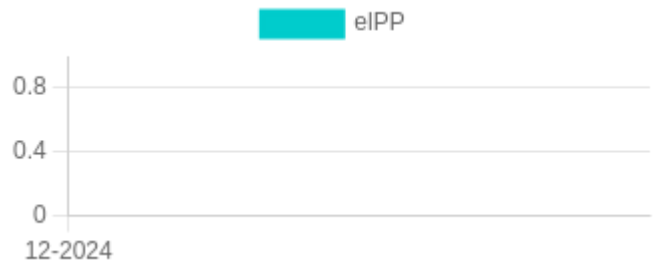
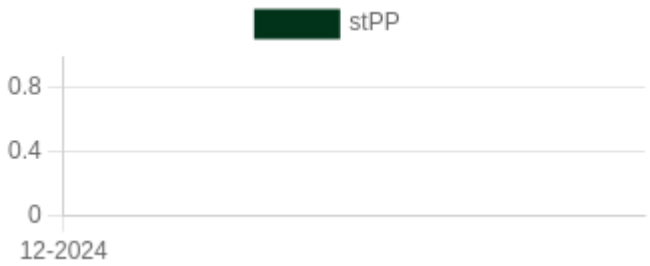
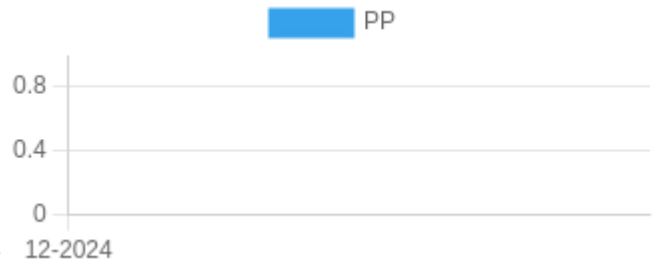
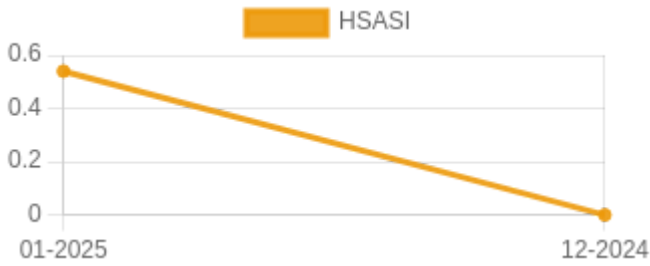
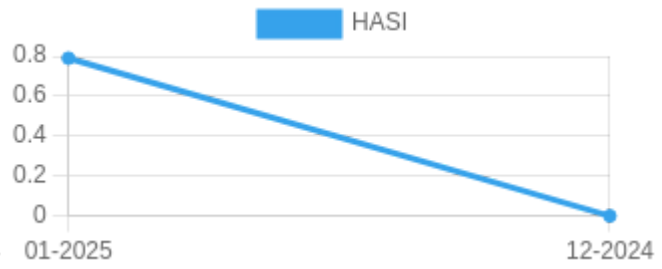
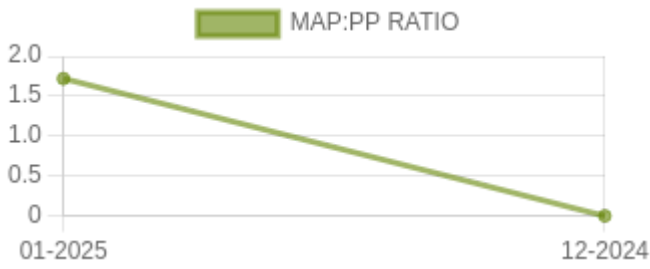
**PSR:** Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as  $PSR = \frac{[systolic\ stiffness]}{[diastolic\ stiffness]}$ .

## 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.  $stPP = PP / (1 + WIF)$

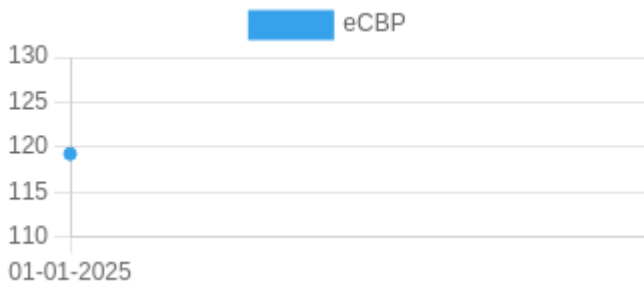
## eCO graph

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

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



## eCBP graph

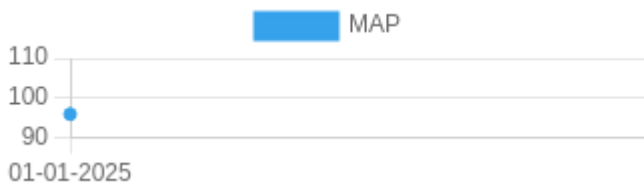


eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

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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