



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

**Patient Name:** Donald Corwin  
**Height:**

**MRN #:** 699  
**Weight:**

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



25% 0% 0% 25% 50%

8.33% 0% 12.5% 8.33% 70.83%

16.39% 8.2% 11.48% 4.92% 59.02%

10.08% 5.88% 6.72% 4.2% 73.11%



0% 50% 25% 25%

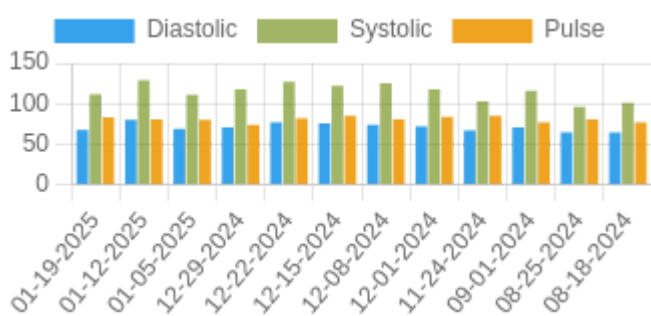
4.17% 25% 66.67% 4.17%

9.84% 27.87% 55.74% 6.56%

5.88% 20.17% 63.87% 10.08%

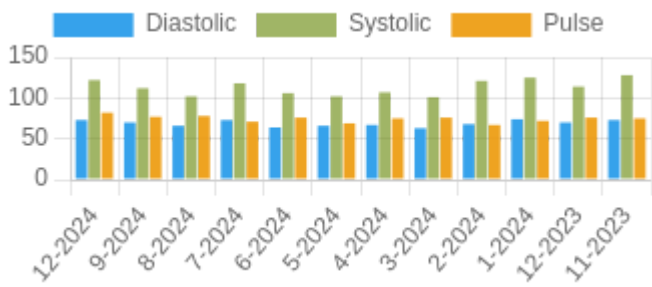
## Blood Pressure Averages

### Blood Pressure Averages: Weekly



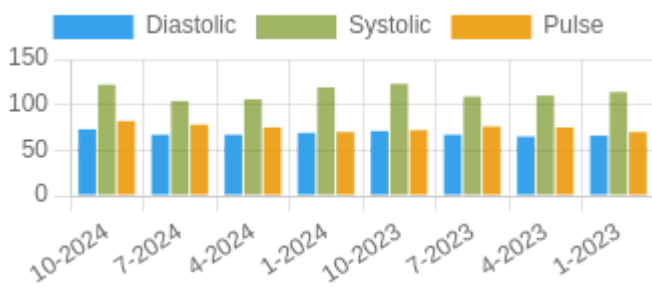
Week	Systolic(n)	Diastolic(n)	Pulse(n)
01-19-2025	112 (1)	68 (1)	83 (1)
01-12-2025	129 (1)	80 (1)	81 (1)
01-05-2025	111 (7)	69 (7)	80 (7)
12-29-2024	118 (9)	71 (9)	74 (9)
12-22-2024	127 (6)	77 (6)	82 (6)
12-15-2024	122 (8)	76 (8)	85 (8)
12-08-2024	125 (14)	74 (14)	81 (14)
12-01-2024	118 (14)	72 (14)	84 (14)
11-24-2024	103 (1)	67 (1)	85 (1)
09-01-2024	116 (4)	71 (4)	77 (4)
08-25-2024	96 (8)	65 (8)	81 (8)
08-18-2024	101 (4)	65 (4)	77 (4)

## Blood Pressure Averages: Monthly



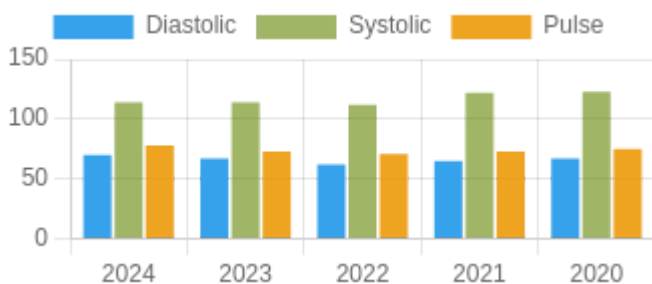
Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
12-2024	122 (46)	73 (46)	82 (45)
9-2024	112 (5)	70 (5)	77 (5)
8-2024	102 (18)	66 (18)	78 (18)
7-2024	118 (1)	73 (1)	71 (1)
6-2024	106 (1)	64 (1)	76 (1)
5-2024	102 (3)	66 (3)	69 (3)
4-2024	107 (22)	67 (22)	75 (22)
3-2024	101 (2)	63 (2)	76 (2)
2-2024	121 (5)	68 (5)	67 (5)
1-2024	125 (4)	74 (4)	72 (4)
12-2023	114 (10)	70 (10)	76 (10)
11-2023	128 (23)	73 (23)	75 (23)

### Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
10-2024	122 (46)	73 (46)	82 (45)
7-2024	104 (24)	67 (24)	78 (24)
4-2024	106 (26)	67 (26)	75 (26)
1-2024	119 (11)	69 (11)	70 (11)
10-2023	123 (62)	71 (62)	72 (62)
7-2023	109 (78)	67 (78)	76 (78)
4-2023	110 (57)	65 (57)	75 (57)
1-2023	114 (148)	66 (148)	70 (148)

### Blood Pressure Averages: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2024	114 (107)	70 (107)	78 (106)
2023	114 (346)	67 (346)	73 (346)
2022	112 (295)	62 (295)	71 (295)
2021	122 (651)	65 (651)	73 (651)
2020	123 (856)	67 (856)	75 (856)

### Blood Sugar Averages

Week	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-26-2025	139(1)	205(1)	168(1)	175(1)	142(1)		192(1)
01-18-2025	100(1)		178(1)		217(1)	237(1)	169(2)
01-10-2025	126(6)	210(6)	162(2)		178(7)	216(5)	185(5)
01-02-2025	130(4)	170(4)	158(4)	190(1)	141(3)	245(3)	152(6)

Month-Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-2025	124(10)	198(9)	165(6)	175(1)	171(11)	224(7)	166(11)

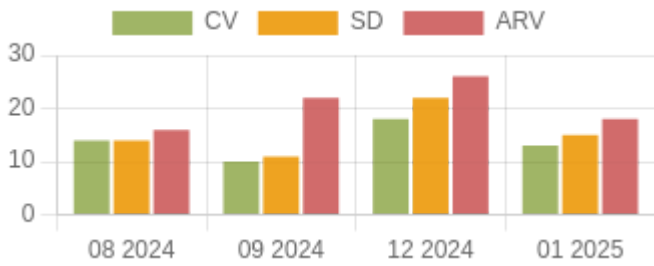
12-2024	159(7)	188(5)	177(3)	187(4)	159(6)	212(3)	192(8)
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Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2025	124(10)	198(9)	165(6)	175(1)	171(11)	224(7)	166(11)
01-01-2024	124(159)	187(158)	172(115)	183(53)	174(142)	216(9)	162(452)
01-01-2023	135(176)	146(254)	162(267)	164(200)	175(208)	171(132)	166(568)

## Chat

Sender	Receiver	Message	Date&Time
R.A. Ramanujan , M.D.	Donald Corwin	Happy New Year!	31-12-2024
R.A. Ramanujan , M.D.	Donald Corwin	GM and HNY. Will call today. Best	30-12-2024
Donald Corwin	Nancy F. Evans , FNP-C, CDE	Dear Dr Ram. I have inputted Don's blood pressures for the month and I think it need some attention. I also feel he is retaining some fluid. we have an appt with you in January but I am nervous about this rise in blood pressure. can you give us some advice in addition to the toresimide pill he is taking. thank you Dr Ram and my best to you. Happy New Year. Theresa	29-12-2024
null Sue Ward	Donald Corwin	***Have a Merry Christmas *** from everyone at DCA	24-12-2024
R.A. Ramanujan , M.D.	Donald Corwin	🙏	06-12-2024
Donald Corwin	Nancy F. Evans , FNP-C, CDE	Thank you Dr Ram. We will do 1/2 pill Mon, Wed, Friday. I will let you know how he does. Have a good weekend! Theresa	06-12-2024
R.A. Ramanujan , M.D.	Donald Corwin	Mon/Wed?Frid	06-12-2024
R.A. Ramanujan , M.D.	Donald Corwin	Can you have him try 1/2 only 3 days week and update.	06-12-2024
Donald Corwin	Nancy F. Evans , FNP-C, CDE	I meant he was doing better without it. I	06-12-2024
Donald Corwin	Nancy F. Evans , FNP-C, CDE	Hi Dr Ram. Don is taking Jardiance for the past few days and is not doing so well. He is lightheaded irritated and bp is low in morning. Can we stop it.? He was doing Berger without it. I ordered a refill but I don't think we should pick it up. Theresa	06-12-2024
R.A. Ramanujan , M.D.	Donald Corwin	Please send some BP readings. 🙏	02-12-2024
R.A. Ramanujan , M.D.	Donald Corwin	OK to start Jardiance. Best	02-12-2024
Donald Corwin	Nancy F. Evans , FNP-C, CDE	Good morning Dr. Ram. Should Don resume taking the Jardiance. If you recall we put a hold on it after his surgery. His swelling in his face is still there..We're having difficulty getting control of glucose readings.	02-12-2024

## Systolic Variability Trends

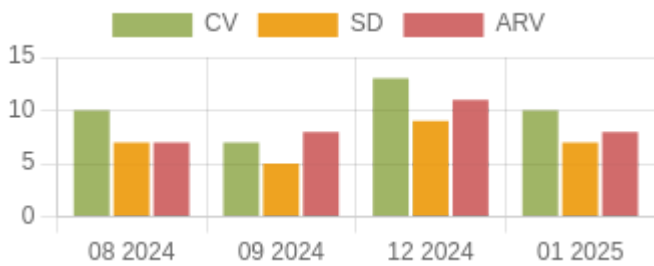


**1. CV** –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

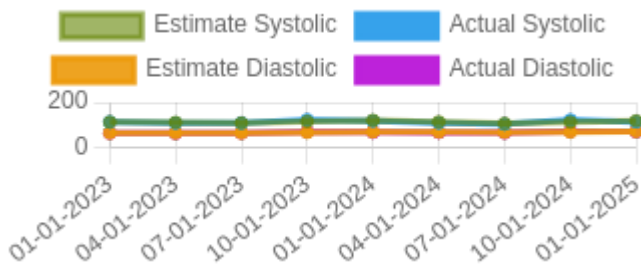
**2. ARV** – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, within-subject variability. It is defined as the average of the absolute differences between consecutive readings, Units = mmHg.

**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).

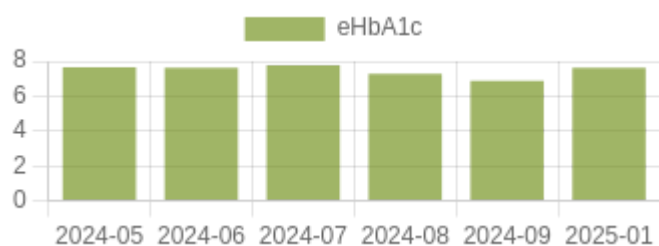
**3. V-** Variance determines the spread of numbers.. It measures how far each number in the set is from the mean (average) and from every other number in the set.

## PSR



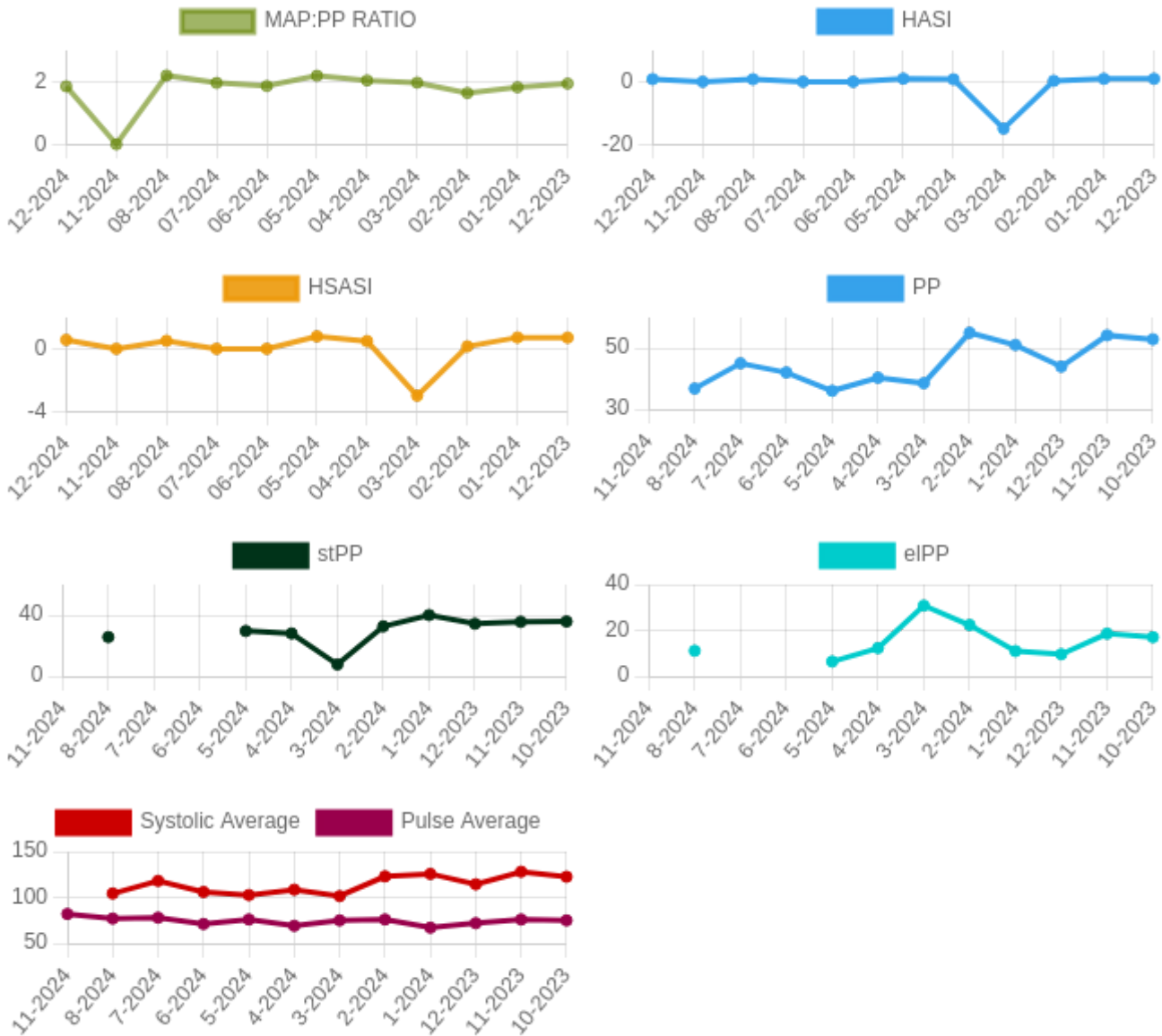
**PSR:** Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as  $PSR = \frac{[systolic\ stiffness]}{[diastolic\ stiffness]}$ .

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

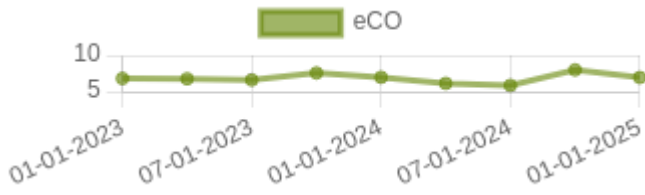
6. **eIPP**- Elastic component of pulse pressure.  $eIPP = (PP - stPP)$

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

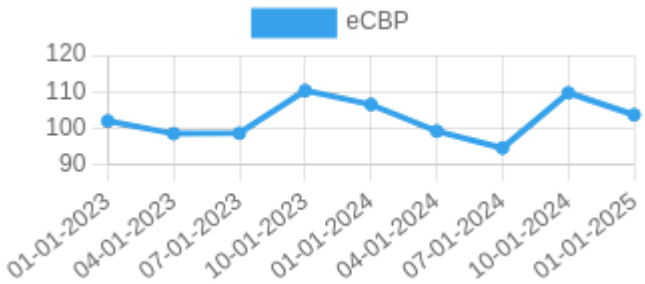
## eCO graph

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

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



## eCBP graph

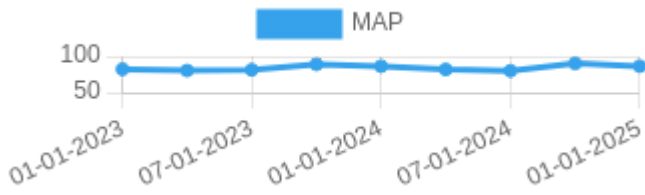


eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

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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