



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

Patient Name: Dorinda Potchinsky
Height: 5.5

MRN #: 6754
Weight: 198

Birth Year:
Hypertension: S1



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0% 0% 0% 0% 100%



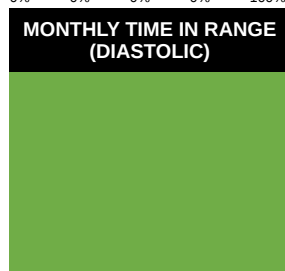
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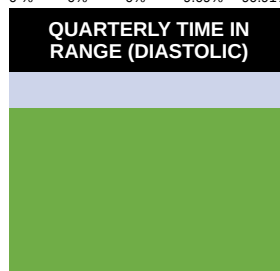
2.08% 2.08% 14.58% 18.75% 62.5%



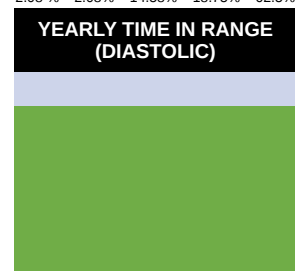
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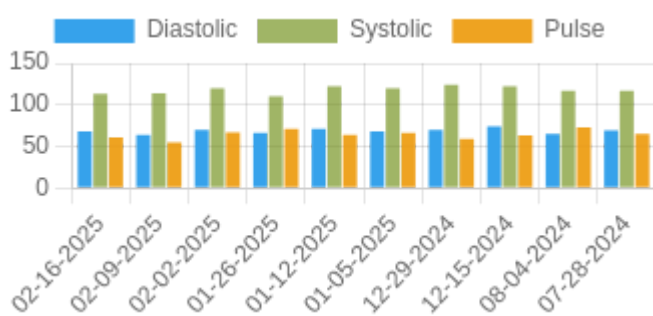
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Blood Pressure Averages

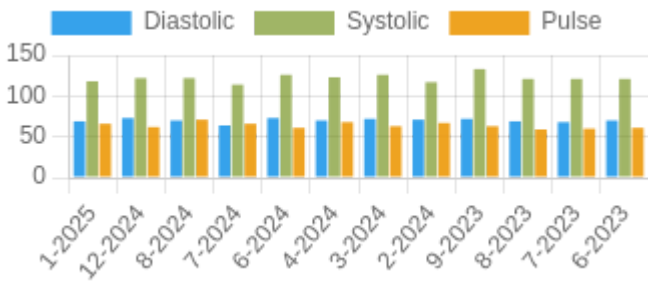
Blood Pressure Averages: Weekly



Week	Systolic(n)	Diastolic(n)	Pulse(n)
02-16-2025	113 (1)	68 (1)	61 (1)
02-09-2025	114 (1)	64 (1)	55 (1)
02-02-2025	120 (1)	70 (1)	67 (1)
01-26-2025	110 (1)	66 (1)	71 (1)
01-12-2025	122 (2)	71 (2)	64 (2)
01-05-2025	120 (1)	68 (1)	66 (1)
12-29-2024	124 (1)	70 (1)	59 (1)
12-15-2024	122 (3)	74 (3)	63 (3)
08-04-2024	117 (1)	65 (1)	73 (1)
07-28-2024	117 (1)	69 (1)	65 (1)

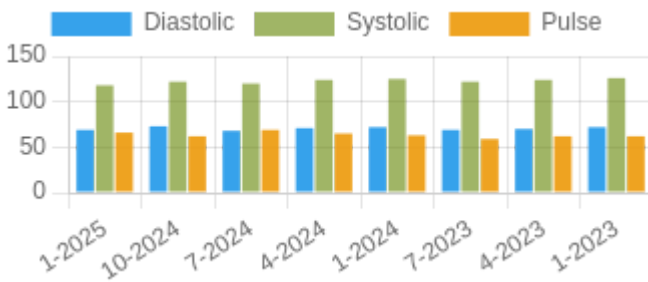
Blood Pressure Averages: Monthly

Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	118 (4)	69 (4)	66 (4)



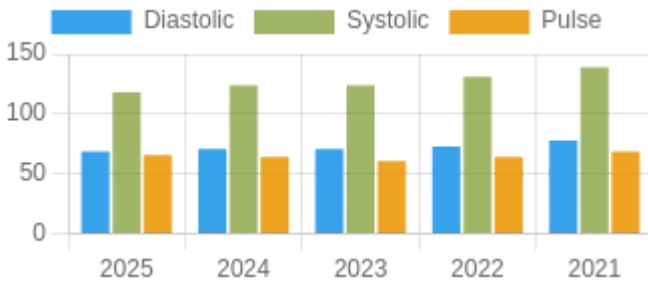
12-2024	122 (4)	73 (4)	62 (4)
8-2024	122 (3)	70 (3)	71 (3)
7-2024	114 (1)	64 (1)	66 (1)
6-2024	126 (9)	73 (9)	61 (9)
4-2024	123 (14)	70 (14)	68 (14)
3-2024	126 (9)	72 (9)	63 (9)
2-2024	117 (1)	71 (1)	67 (1)
9-2023	133 (2)	72 (2)	63 (2)
8-2023	121 (7)	69 (7)	59 (7)
7-2023	121 (13)	68 (13)	60 (13)
6-2023	121 (9)	70 (9)	61 (9)

Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	118 (4)	69 (4)	66 (4)
10-2024	122 (4)	73 (4)	62 (4)
7-2024	120 (4)	68 (4)	69 (4)
4-2024	124 (23)	71 (23)	65 (23)
1-2024	125 (10)	72 (10)	63 (10)
7-2023	122 (22)	69 (22)	59 (22)
4-2023	124 (40)	70 (40)	62 (40)
1-2023	126 (39)	72 (39)	62 (39)

Blood Pressure Averages: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	118 (4)	69 (4)	66 (4)
2024	124 (41)	71 (41)	64 (41)
2023	124 (118)	71 (118)	61 (118)
2022	131 (101)	73 (101)	64 (101)
2021	139 (111)	78 (111)	69 (111)

Blood Sugar Averages

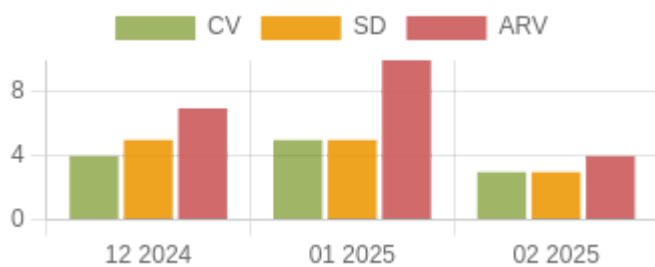
Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2023	127(29)	148(93)	132(1)			132(1)	

Chat

Sender	Receiver	Message	Date&Time
R.A. Ramanujan , M.D.	Dorinda Potchinsky	You may try OTC Pepcid. That can also help. Best	22-01-2025
R.A. Ramanujan , M.D.	Dorinda Potchinsky	👉	22-01-2025

Dorinda Potchinsky	R.A. Ramanujan , M.D.	Hi. itching is much better. thank you. I stopped taking them last night and will only resume taking if overwhelming itching comes back. thank you!! Dorie	22-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.		18-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.		18-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.		18-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.		18-01-2025
R.A. Ramanujan , M.D.	Dorinda Potchinsky	Can you send me a picture of the rash ?	18-01-2025
R.A. Ramanujan , M.D.	Dorinda Potchinsky	Hello Doreen, Sent Rx for Hydroxyzine. Can you try this & update please.	18-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.	what's the best thing I can use on my itchy skin. the injection site of the Mounjaro starts it but for the past month or so it has spread to my arms chest and face. unless it is my Eczema ? o take Zyrtec and use the diphenhydramine itch relief but it seems to be getting worse. is there something better?	17-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.	BP last Friday and today 120/69. pulse 66 and today 55. I'll try to check more frequently thanks	14-01-2025
R.A. Ramanujan , M.D.	Dorinda Potchinsky	Hi Dorinda any update on BP issue. In my last note I meant not her get her all rattled. Please update with BP. Best	14-01-2025
R.A. Ramanujan , M.D.	Dorinda Potchinsky	Make her happy and let her get her stirred up. Take 10 with no HCTZ. I will call and discuss options. Best	10-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.	Dr Ram. Will you talk to Debbie or Stephen on this? or should I tell them you want me to stay on the one with HCTZ?	10-01-2025
Dorinda Potchinsky	R.A. Ramanujan , M.D.	I need a new RX to UHS PHARMACY? please	10-01-2025

Systolic Variability Trends

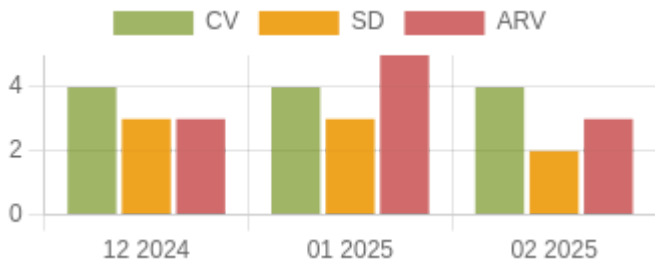


1. CV –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

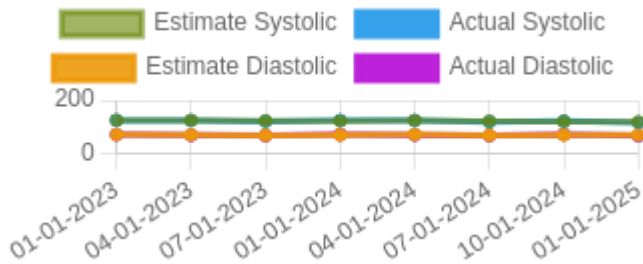
2. ARV – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, within-subject variability. It is defined as the average of the absolute differences between consecutive readings, Units = mmHg.

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.

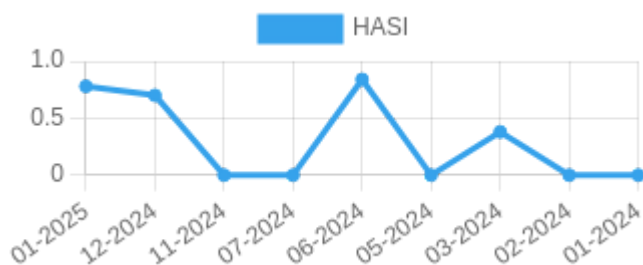
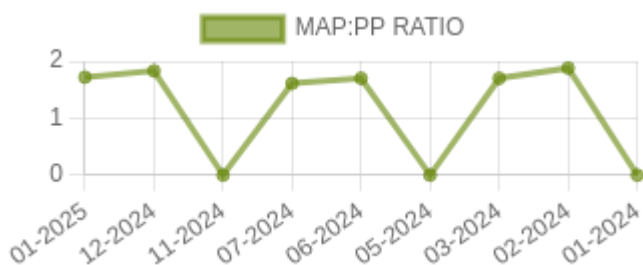
PSR

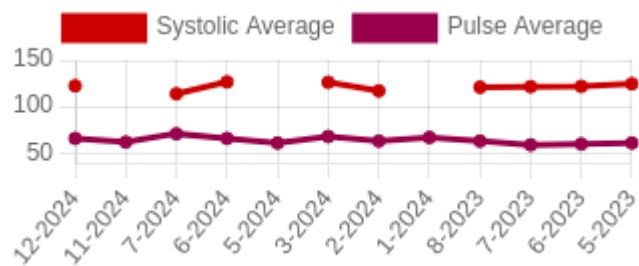
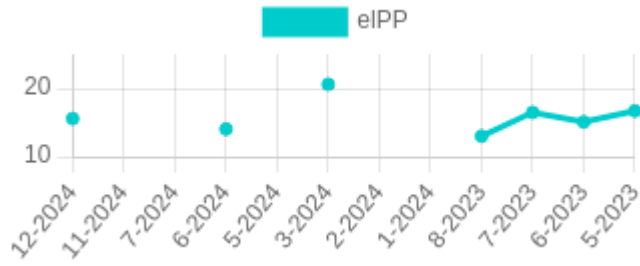
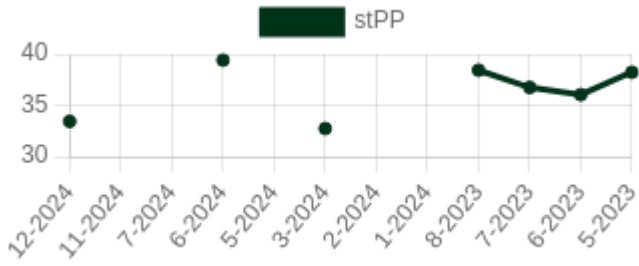
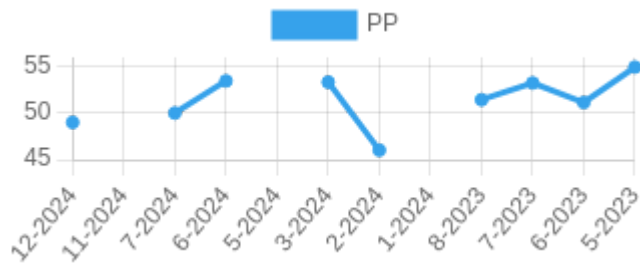
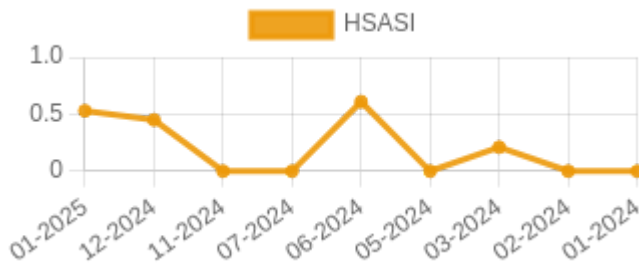


PSR: Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as $PSR = \frac{\text{systolic stiffness}}{\text{diastolic stiffness}}$.

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

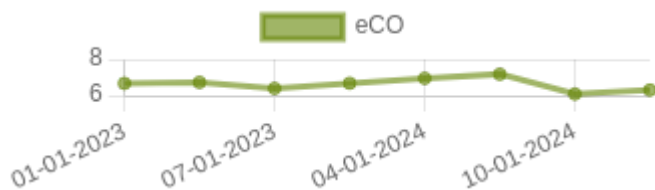
4. **PP**- Pulse Pressure

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



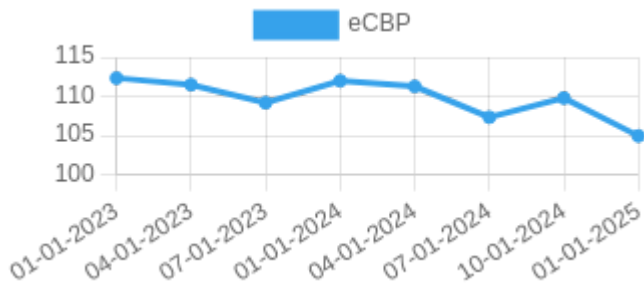
eCO (Estimated Cardiac Output) Normal range to be added 5 – 10 liters/minute

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

eCBP graph

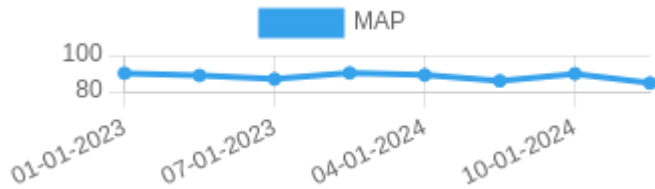
eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

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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