



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

Patient Name: James Picalia
Height: 5.10

MRN #: 2719
Weight: 195

Birth Year:
Hypertension: S1



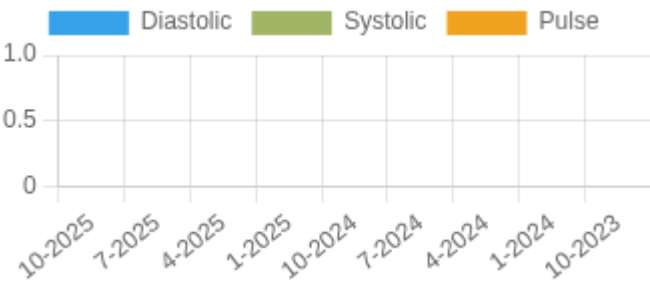
Blood Pressure Averages

Blood Pressure Averages: Weekly

Week	Systolic(n)	Diastolic(n)	Pulse(n)
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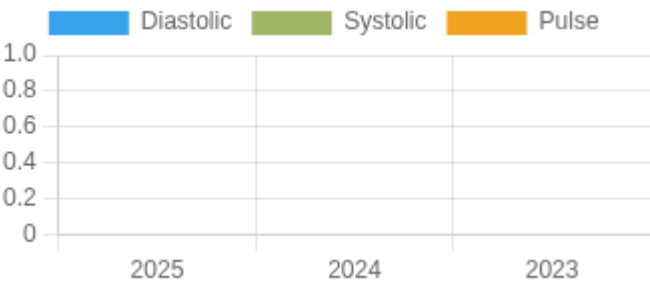
Blood Pressure Averages: Monthly

Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
10-2025	0 (0)	0 (0)	0 (0)
7-2025	0 (0)	0 (0)	0 (0)
4-2025	0 (0)	0 (0)	0 (0)
1-2025	0 (0)	0 (0)	0 (0)
10-2024	0 (0)	0 (0)	0 (0)
7-2024	0 (0)	0 (0)	0 (0)
4-2024	0 (0)	0 (0)	0 (0)
1-2024	0 (0)	0 (0)	0 (0)
10-2023	0 (0)	0 (0)	0 (0)

Blood Pressure Averages: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	0 (0)	0 (0)	0 (0)
2024	0 (0)	0 (0)	0 (0)
2023	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
12-07-2025	106(3)	128(1)					
11-29-2025	44147(3)	171220(1)					257(1)
11-21-2025	151(1)						
11-13-2025	147(1)						

Month-Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
12-2025	106(3)	128(1)					
11-2025	26548(5)	171220(1)					257(1)
10-2025	143(4)	157(3)					
09-2025	117(10)			167(1)	122(3)		135(1)

Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2025	2551(55)	24619(7)	202(3)	167(1)	140(6)	193(3)	193(3)
01-01-2024	127(60)	235(1)					290(1)
01-01-2023	98(7)						

Chat

Sender	Receiver	Messege	Date&Time
James Picalia	R.A. Ramanujan , M.D.	I THINK I GOT IT TO WORK BUT I DON'T SEE WHERE GLUCOSE READING GO	05-12-2025

James Picalia	R.A. Ramanujan , M.D.	ok	01-12-2025
R.A. Ramanujan , M.D.	James Picalia	Hi Jim, Sorry I cannot Rx steroid. It should be from back doctor.	28-11-2025
James Picalia	R.A. Ramanujan , M.D.	i would REALLY APPRECIATE it if you could PLEASE send in a refill script for a pred pak DR RAM I'm NOT being a DRAMA QUEEN, I would have been in BIG TROUBLE if I didn't have them, w respect,,, JIMMY P	28-11-2025
James Picalia	R.A. Ramanujan , M.D.	to you too my FRIEND I wanttoTHANK YOU.SO MUCH for ALL you have done for me for ALL THESE YEARS, DOC. RAM, I HAVE NOTHING BUT THE UTMOST RESPECT FOR YOU.	27-11-2025
R.A. Ramanujan , M.D.	James Picalia	Happy Thanksgiving!	26-11-2025
null Lexi Matthias, LPN	James Picalia	YOU HAVE AN ACCOUNT WITH CENTER HEALTH BUT IT SAYS YOUR CGM IS NOT CONNECTED. I'LL TRY TEXTING YOU A LINK TO SEE IF THAT HELPS. LEXI	25-11-2025
James Picalia	R.A. Ramanujan , M.D.	can you PLEASEchk. to see if i am connected to the office through the app ?	25-11-2025
James Picalia	R.A. Ramanujan , M.D.	I wisend in readings soon, i keep getting notices to replace my sensor	20-11-2025
null Lexi Matthias, LPN	James Picalia	Can you ask them to fax a copy of the result to us. Thank you.	18-11-2025
James Picalia	R.A. Ramanujan , M.D.	Hey Lex, i guess my BW RESULTS are posted	18-11-2025
James Picalia	R.A. Ramanujan , M.D.	Sweetheart A big thankyou@ LOOKING FORWARD TO SEEING YOU TODAY, VERY MUCH	18-11-2025
null Lexi Matthias, LPN	James Picalia	OH, IT'S CALLED TRESIBA	14-11-2025
James Picalia	R.A. Ramanujan , M.D.	hi kiddo no im still doing Beytta 1ce a week i take the humalog and this other 1 Dailey, my dosage is 20mg. and 4 or 6 mgs of the humalog daily	14-11-2025
null Lexi Matthias, LPN	James Picalia	MOUNJARO, THE WEEKLY INJECTION?LET ME KNOW IF THAT'S NOT WHAT YOU ARE LOOKING FOR. LEXI	14-11-2025
James Picalia	R.A. Ramanujan , M.D.	lex if you could PLEASE let me know the name of my otter injectable lwoud really appreciateit. Thankyou so very much lexi.	13-11-2025

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

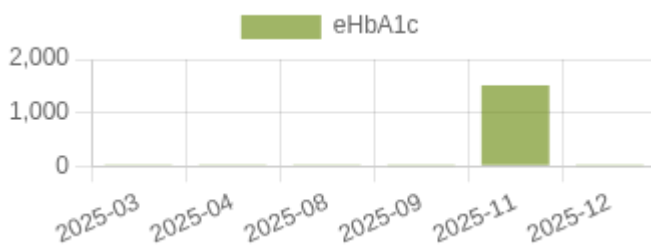
Kalman Trends

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 $PSR = [\text{systolic stiffness}]/[\text{diastolic stiffness}]$.

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. $MAP = \text{Diastolic blood pressure} + \frac{1}{3}(\text{Systolic blood pressure} - \text{Diastolic blood pressure})$

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/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 understand medication effects and patient management.

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