



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

Patient Name: John Shantillo Jr
Height:

MRN #: 3218
Weight:

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

Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
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Blood Pressure Averages:: Quaterly

Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
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Blood Pressure Averages:: Yearly

Year	Systolic(n)	Diastolic(n)	Pulse(n)
2021	0 (0)	0 (0)	0 (0)
2020	0 (0)	0 (0)	0 (0)

Blood Sugar Averages

Week	Before breakfast	2 hours before breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
12-31-2023	118(4)	169(1)					
12-23-2023							
12-15-2023							
12-07-2023							

Month-Year	Before breakfast	2 hours before breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
12-2023	118(4)	169(1)					
11-2023							
10-2023							
09-2023							

Year	Before breakfast	2 hours before breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2023	118(4)	169(1)					

01-01-2022							
01-01-2021		122(13)		122(2)	167(1)		131(1)

Chat

Sender	Receiver	Message	Date&Time
null Sue Ward	John Shantillo Jr	Good Morning the providers and staff of Diabetic Care Associates and Whiting Spring Center for Hypertension Management would like to wish you all a very happy and healthy Holiday season. We look forward to seeing you in 2024. Please make next year's resolution to being Healthy. Please bring in any new insurance cards at every visit. If you have not received the card you will need to call your insurance company prior to your visit and request the card. As always the insurance card and copay are required at time of visit as well as balance owed. Thank you and Happy New Year	20-12-2023
John Shantillo Jr	Yan Liu , M.D.	i like a refill of venlafaxine to Wegmans please thank you john shantillo 11 2354 send a message back if you get this please I hope I did it right	28-12-2023
R.A. Ramanujan , M.D.	John Shantillo Jr	Happy New Year !	29-12-2023
null Lexi Matthias, LPN	John Shantillo Jr	HI JOHN, WE DID RECEIVE YOUR MESSAGE AND YOUR PRESCRIPTION WILL BE SENT TODAY. LEXI	28-12-2023
null Sue Ward	John Shantillo Jr	Happy Thanksgiving We are going to be closed on Thursday and Friday. Have a wonderful holiday	22-11-2023
null Suzanne Ward	John Shantillo Jr	MEDICARE INSURANCE OPEN ENROLLMENTS ARE BEING CONDUCTED OCTOBER 15 TO DECEMBER 3. PLEASE BE AWARE WE DO NOT PARTICIPATE WITH ALL PLANS YOU MAY BE OFFERED AND WE WILL NOT BE ABLE TO SEE YOU AS A PATIENTS IF WE DON'T PARTICIPATE. IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT 607.723.1676 FOR QUESTIONS ON THE INSURANCES WE ACCEPT. AS ALWAYS, WE MUST HAVE YOUR NEW CARD AFTER YOU RECEIVE IT AT YOU NEXT APPOINTMENT AND YOUR NEW COPAY WILL BE DUE AND PAYABLE AT THAT TIME.	09-11-2023
Mr. Anu Banerjee	John Shantillo Jr	MEDICARE INSURANCE OPEN ENROLLMENTS ARE BEING CONDUCTED OCTOBER 15 TO DECEMBER 3. PLEASE BE AWARE WE DO NOT PARTICIPATE WITH ALL PLANS YOU MAY BE OFFERED AND WE WILL NOT BE ABLE TO SEE YOU AS A PATIENTS IF WE DON'T PARTICIPATE. IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT 607.723.1676 FOR QUESTIONS ON THE INSURANCES WE ACCEPT. AS ALWAYS, WE MUST HAVE YOUR NEW CARD AFTER YOU RECEIVE IT AT YOU NEXT APPOINTMENT AND YOUR NEW COPAY WILL BE DUE AND PAYABLE AT THAT TIME.	08-11-2023
Mr. Anu Banerjee	John Shantillo Jr	For Android, Samsung, and other non-Apple devices: The pulse reading bug has been fixed. Thank you for your patience.	07-11-2023
Mr. Anu Banerjee	John Shantillo Jr	MEDICARE INSURANCE OPEN ENROLLMENTS ARE BEING CONDUCTED OCTOBER 15 TO DECEMBER 3. PLEASE BE AWARE WE DO NOT PARTICIPATE WITH ALL PLANS YOU MAY BE OFFERED AND WE WILL NOT BE ABLE TO SEE YOU AS A PATIENTS IF WE DON'T PARTICIPATE. IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT 607.723.1676 FOR QUESTIONS ON THE INSURANCES WE ACCEPT. AS ALWAYS, WE MUST HAVE YOUR NEW CARD AFTER YOU RECEIVE IT AT YOU NEXT APPOINTMENT AND YOUR NEW COPAY WILL BE DUE AND PAYABLE AT THAT TIME.	03-11-2023

Reading Trends

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1. **Systolic and Diastolic Blood Pressure – mmHg**
 2. **Pulse – Beats per minute**
 3. **Blood Sugar – mg / dl , 45 mg – 2.5 mmol / l**

Variability Trends

1. **CV – Coefficient of Variation**
2. **SV – stroke volume (SV) using arterial blood pressure –SV equaled PP (SBP-DBP) divided by the sum of SBP and DB**
3. **ARV – Absolute Real Variability**
4. **SD – Standard Deviation**

Kalman Trends

1. **Mean(Arithmetic Mean) – Mean is the average of a set of numbers**
2. **SD – Standard Deviation**
3. **V- Variance**

AASI Trends

1. **AASI: Ambulatory Arterial Stiffness Index (AASI) has been proposed as an indirect and simpler method to estimate the Arterial Stiffness (AS).**
2. **PP- Pulse pressure**

HbA1c Trends

1. **HbA1c stands for glycated hemoglobin**

CGM Trends

Others Trends

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1. **AP- Advanced Placement**
 2. **PV- Proportional Variability**
 3. **S Mean- Systolic Mean**
 4. **D Mean- Diastolic Mean**
 5. **Map PP Ratio- Map Pulse Pressure Ratio**
 6. **PSR- Pulse stiffening ratio. (PSR = SBP/DBP or slope of systolic BP/slope of diastolic BP)**
 7. **HASI- Home arterial stiffness index**
 8. **HSASI- Home Symmetric arterial stiffness index**

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