



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

Patient Name: John Lash
Height:

MRN #: 6441
Weight:

Birth Year:
Hypertension: S1

Blood Pressure Averages

Blood Pressure Averages::Weekly

Week	Systolic(n)	Diastolic(n)	Pulse(n)
12-18-2023	122 (38)	79 (38)	90 (38)
12-11-2023	116 (30)	76 (30)	89 (30)
12-04-2023	124 (1)	84 (1)	97 (1)
11-27-2023	119 (18)	76 (18)	87 (18)
11-20-2023	125 (27)	82 (27)	88 (27)
11-13-2023	127 (18)	82 (18)	88 (18)
11-06-2023	115 (6)	82 (6)	89 (6)

Blood Pressure Averages:: Monthly

Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
11-2023	124 (65)	81 (65)	88 (65)

Blood Pressure Averages:: Quaterly

Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
10-2023	124 (65)	81 (65)	88 (65)

Blood Pressure Averages:: Yearly

Year	Systolic(n)	Diastolic(n)	Pulse(n)
2023	124 (65)	81 (65)	88 (65)

Blood Sugar Averages

Week	Before breakfast	2 hours before breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
12-23-2023							
12-15-2023							
12-07-2023							
11-29-2023							

Month-Year	Before breakfast	2 hours before breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
12-2023							
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
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01-01-2023							
01-01-2022							
01-01-2021							

Chat

Sender	Receiver	Message	Date&Time
null Sue Ward	John Lash	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 Lash	R.A. Ramanujan , M.D.	you know what...he sees his new PCP tomorrow...what is the name of the RX and I will ask her to put it thru the UHS pharmacy....that way it is covered	03-12-2023
R.A. Ramanujan , M.D.	John Lash	Of course. Wish the same to you and your family !	22-12-2023
John Lash	R.A. Ramanujan , M.D.	thank you!! 🙏	22-12-2023
John Lash	R.A. Ramanujan , M.D.	Have a blessed Christmas and New Year. My Dad will be seeing Dr. Traverse in January. Is there a way to send him all the BP readings he has been taking so they can see his history? Thank you	22-12-2023
R.A. Ramanujan , M.D.	John Lash	Merry Christmas and a Happy New Year !	22-12-2023
John Lash	R.A. Ramanujan , M.D.	ok....do you think she should go on that? If so please put thru RX to Price Chopper on Glenwood Ave. Thank you	03-12-2023
John Lash	R.A. Ramanujan , M.D.	Hi Dr. Ram. Just checking in. My Dad has been very tired still. Today he needed 3 naps. His PM BP he was taking after going upstairs and doing exercises, but I asked that he take it before exercising so we have consistent BP readings. He thinks his heart is giving out because he is so tired.....	02-12-2023
R.A. Ramanujan , M.D.	John Lash	Rapid heart rate and low BP is a concern. He really needs the Florinef. Best	03-12-2023
John Lash	R.A. Ramanujan , M.D.	Dad had some done too	07-12-2023
John Lash	R.A. Ramanujan , M.D.	Hi. My Dad continues to be dizzy/lightheaded in the morning and most of the day. He feels better later in the afternoon and usually after 2 naps. When he sits he is not dizzy/light headed just when he is standing or walking around. He met with the plastic surgeon today to take the melanoma off his temple, that will be done in 2 weeks. His BP was even low there. 99 over something. Not sure if there is something he should try/do when he first wakes up to help with the dizziness? Should he go back on the fludrocortisone?	27-11-2023
John Lash	R.A. Ramanujan , M.D.	Hi. After some research my Dad's RX was supposed to run out on the 21st but he dropped a pill so he hasn't taken the fludrocortisone since the 20th and today he felt REALLY unwell, dizzy/light headed and took 2 naps and finally felt better late in the afternoon. One of the readings he gave me for 2:50 he recorded as 130/144 96 but the system wouldn't let me enter it because it was so out of whack. So I am wondering if he ran out of the pills and started feel worse. I don't think the new RX made him 100% better but I think it was making a difference	24-11-2023

		now that I have this all worked out. I entered all the numbers he gave me so you could go back to the 20th and see what you think. Thanks Dr. Ram	
John Lash	R.A. Ramanujan , M.D.	OK thanks	23-11-2023
R.A. Ramanujan , M.D.	John Lash	yes	23-11-2023
John Lash	R.A. Ramanujan , M.D.	He should still take the statin?	23-11-2023
R.A. Ramanujan , M.D.	John Lash	🙏 Thanks	23-11-2023
John Lash	R.A. Ramanujan , M.D.	turns out he ran out yesterday of pills, I didn't realize he was out yesterday. so he didn't take it last night....I'll let you know Monday how he is doing	23-11-2023
R.A. Ramanujan , M.D.	John Lash	Yes see how he feels without it until Monday. Best	23-11-2023
John Lash	R.A. Ramanujan , M.D.	Does hold the pill mean stop taking it? I am not sure if that is what you meant....	23-11-2023
John Lash	R.A. Ramanujan , M.D.	will do. He will be here for Thanksgiving and I will take his BP here. I ordered him a new wrist one. Have a great Thanksgiving	23-11-2023
R.A. Ramanujan , M.D.	John Lash	Hold the pill and see how he does. Happy Thanks Giving !!	23-11-2023
John Lash	R.A. Ramanujan , M.D.	PS...I do not like his BP should he continue the RX?	22-11-2023
John Lash	R.A. Ramanujan , M.D.	Hi Dr. Ram. My Dad still is feeling very dizzy/woozy/unwell in the morning and for most of the day. I thought if he drank an ensure before he came downstairs for breakfast that would help but he said it didn't and neither did a nap in the late afternoon. How are his sugar levels? Towards the end of the day he feels better usually, he was going to let me know how he feels after supper but he felt dizzy/unwell all day. Also, I got a call from UHS dermatology. The biopsy they did on my Dad's temple is melanoma. I haven't told him yet because he will worry because they need to set up for the plastic surgeon to remove that area. So far they just removed the surface to do the biopsy. They said it is in the very very early stages. Anyway please let me know if you have any suggestions about him feeling less dizzy....Thank you and have a wonderful and blessed Thanksgiving!	22-11-2023
null Sue Ward	John Lash	Happy Thanksgiving We are going to be closed on Thursday and Friday. Have a wonderful holiday	22-11-2023
R.A. Ramanujan , M.D.	John Lash	✓	22-11-2023

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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