

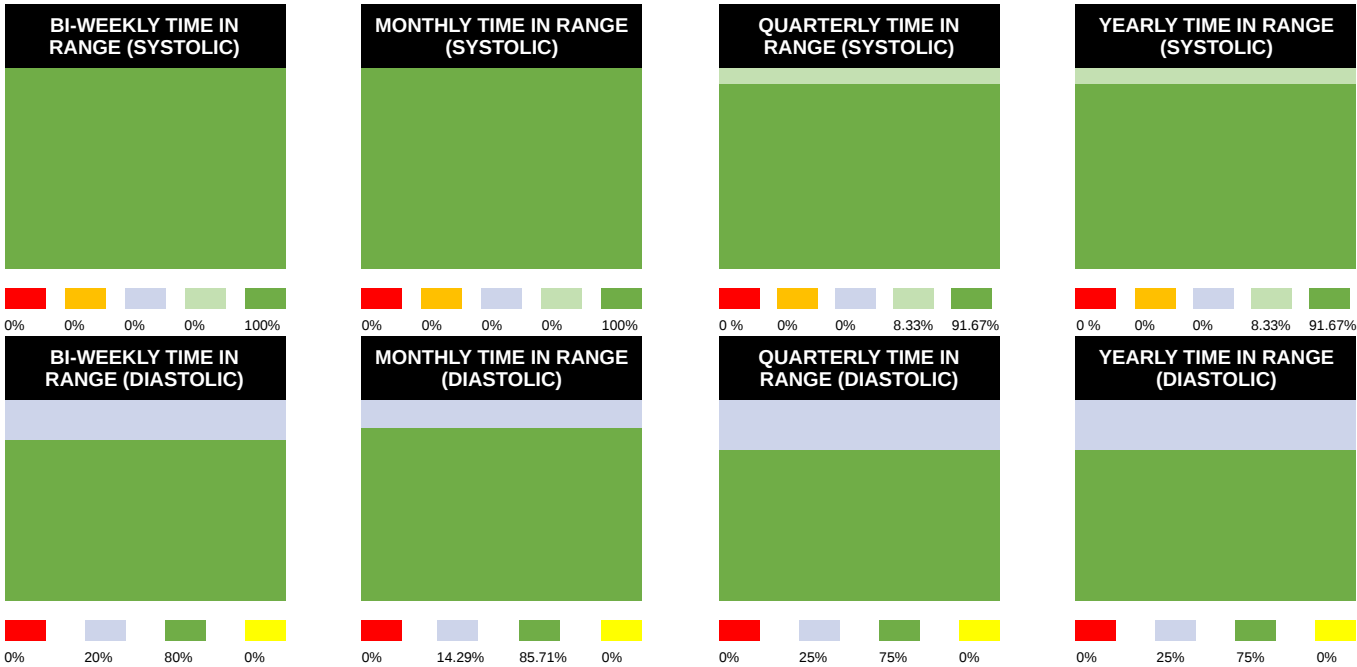


40 Mitchell Ave, Binghamton, NY 13903 Phone:(607) 723-1676

Patient Name: Lisa Spencer  
Height:

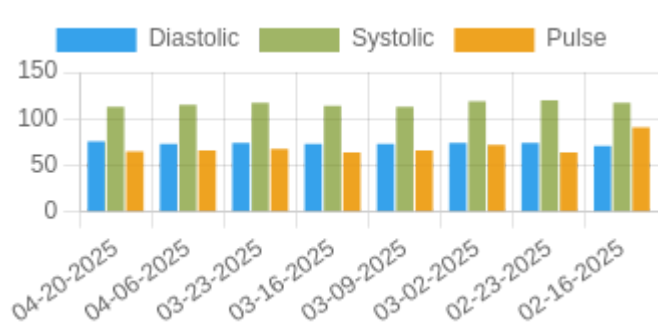
MRN #: 8262  
Weight:

Birth Year:  
Hypertension: S1



## Blood Pressure Averages

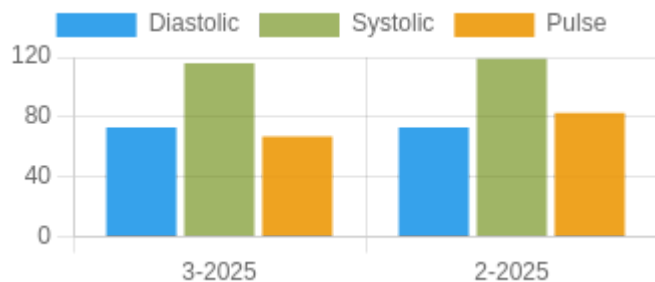
Blood Pressure Averages: Weekly



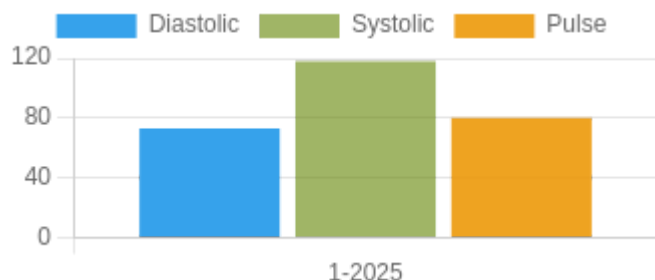
Week	Systolic(n)	Diastolic(n)	Pulse(n)
04-20-2025	113 (1)	76 (1)	65 (1)
04-06-2025	115 (4)	73 (4)	66 (4)
03-23-2025	117 (2)	74 (2)	68 (2)
03-16-2025	114 (2)	73 (2)	64 (2)
03-09-2025	113 (2)	73 (2)	66 (2)
03-02-2025	119 (2)	74 (2)	72 (2)
02-23-2025	120 (8)	74 (8)	64 (8)
02-16-2025	117 (3)	71 (3)	91 (3)

## Blood Pressure Averages: Monthly

Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
3-2025	116 (8)	73 (8)	67 (8)
2-2025	119 (11)	73 (11)	83 (30)

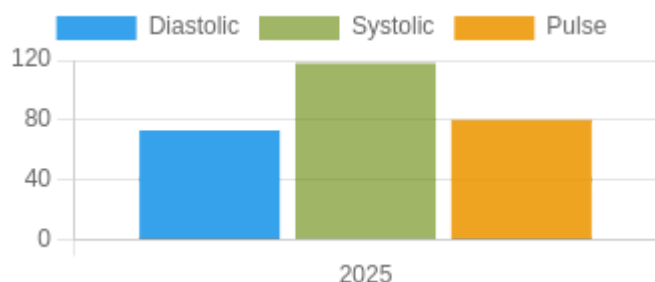


## Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2025	118 (19)	73 (19)	80 (38)

## Blood Pressure Averages: Yearly



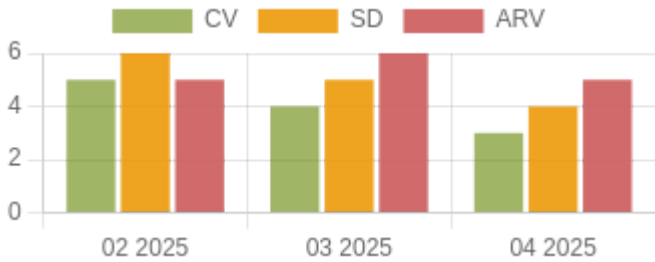
Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	118 (19)	73 (19)	80 (38)

## Chat

Sender	Receiver	Messege	Date&Time
R.A. Ramanujan , M.D.	Lisa Spencer	Please note; Your interaction through "CHECKMYVITALS" is not considered Telehealth visit . This service is to enable care coordination as need to address blood sugar, blood pressure, & pulse related concerns as it happens. Besides it helps to share other information un attended during clinic visit with less disruption. Your interaction has been a rewarding lesson to us. Our administrators will update aspects missed in this brief note. Best wishes!	18-03-2025
null Sue Ward	Lisa Spencer	We have been informed that all insurances including Medicare will NOT be covering Telehealth (Video or Phone Call) visits after March 31, 2025. Keeping that in mind we will not be able to schedule any further Telehealth appointments. There will be no exceptions to his new insurance and office policy. All appointments will take place in the office. DCA Office Staff	18-03-2025
Lisa Spencer	R.A. Ramanujan , M.D.	Ty	06-03-2025
R.A. Ramanujan , M.D.	Lisa Spencer	GM, Start with one after meal. No issue will up the dose as U desire-Update. Rx sent Best	05-03-2025
Lisa Spencer	R.A. Ramanujan , M.D.	Ok, let's start Metformin then. Thank you for your insight!	05-03-2025
R.A. Ramanujan , M.D.	Lisa Spencer	GM, Masking is different from preventing. Masking lets condition progress but prevention halts progress. Metformin and other medications discussed are for	04-03-2025

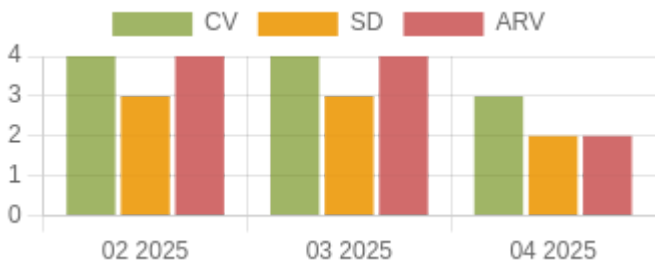
		prevention. ( eg; preventing blood clot, vaccination, wearing helmet before driving...)	
Lisa Spencer	R.A. Ramanujan , M.D.	I was seriously considering the metformin, but I'm researching and finding that there's mixed reviews about taking it if you're not actually a diabetic. Can you elaborate on this? If I'm taking metformin, prior to being a diabetic how will I know if I do actually become diabetic?	03-03-2025
R.A. Ramanujan , M.D.	Lisa Spencer	GM Lisa, Any update on your research and plan ?? Best	03-03-2025

Systolic Variability Trends

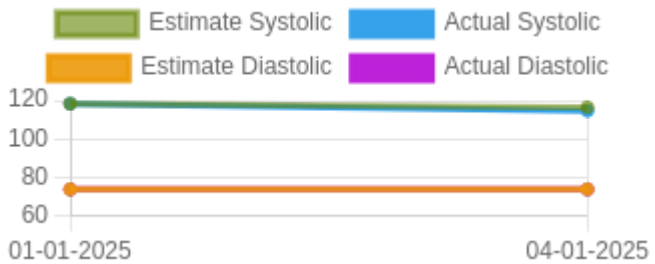


- 1. **CV** –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.
- 2. **ARV** – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, 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  $PSR = \frac{[systolic\ stiffness]}{[diastolic\ stiffness]}$ .

## 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.  $stPP = PP / (1 + WIF)$

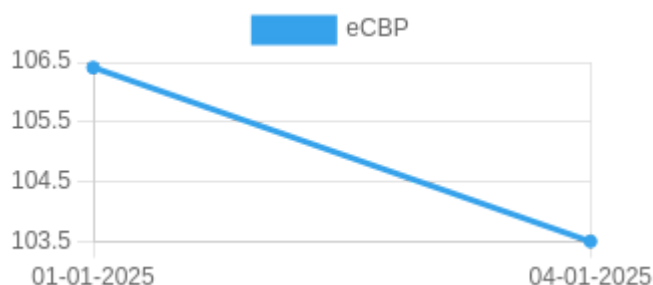
## eCO graph

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



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

## eCBP graph

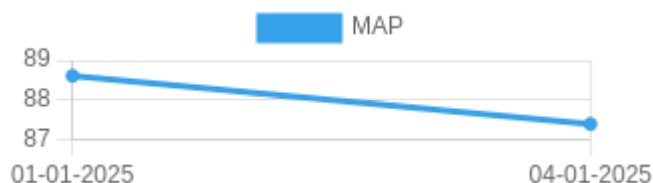


eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

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.

<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)  $SV \times \text{pulse rate/min}$

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.  $\text{Pulse pressure} \times \text{inverse log (std. dev. systolic / std. dev. Diastolic) / (std. dev. systolic / std. dev. Diastolic) - 1}$  (Pulse pressure  $\times \ln(K)/(K-1)$  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

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medication effects and patient management.

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