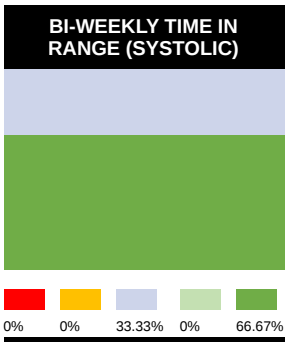
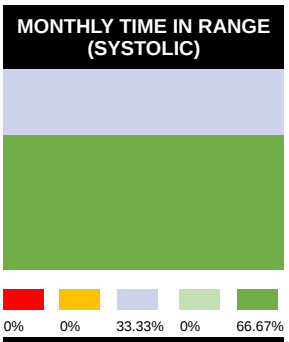
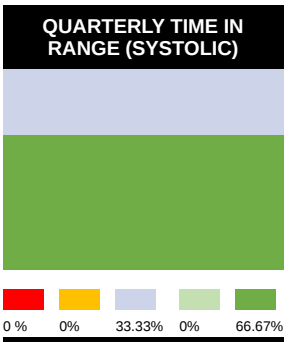
DIABETIC CARE associates

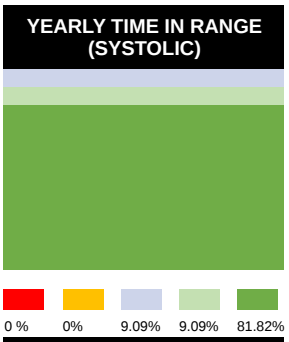
40 Mitchell Ave, Binghamton, NY 13903 Phone:(607) 723-1676

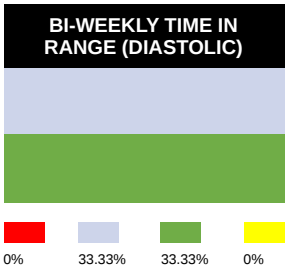
Patient Name: Margaret Gates
Height: 5.3
MRN #: 5303
Weight: 164
Birth Year:
Hypertension: S1

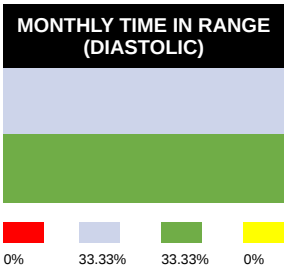


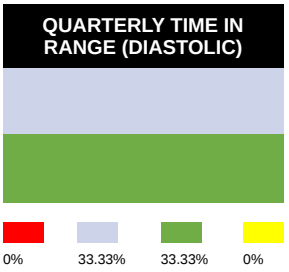


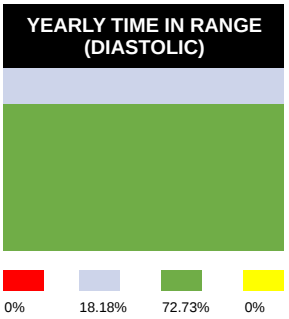






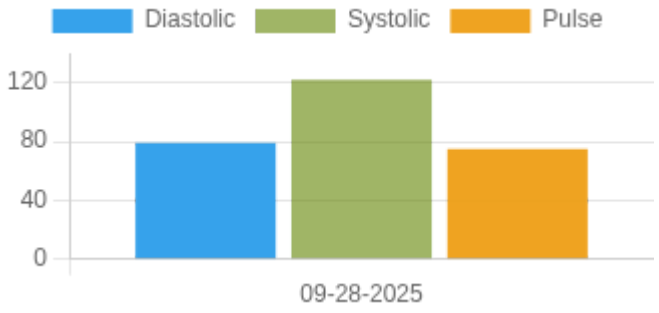






Blood Pressure Averages

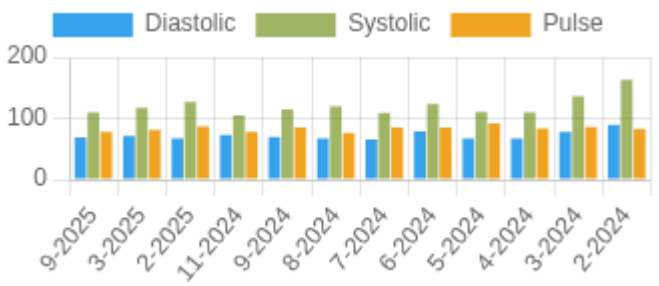
Blood Pressure Averages: Weekly



Week	Systolic(n)	Diastolic(n)	Pulse(n)
09-28-2025	122 (3)	79 (3)	75 (3)

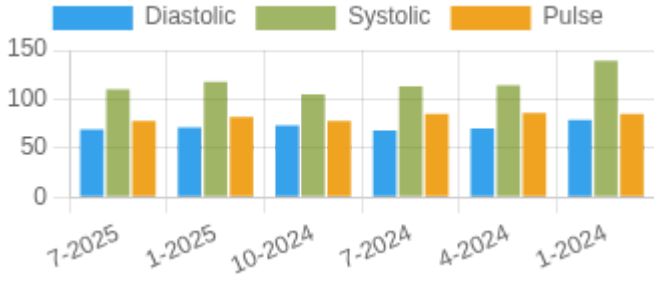
Blood Pressure Averages: Monthly

Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
9-2025	110 (1)	69 (1)	78 (1)
3-2025	117 (6)	71 (6)	81 (6)
2-2025	127 (1)	67 (1)	87 (1)
11-2024	105 (1)	73 (1)	78 (1)
9-2024	115 (6)	70 (6)	85 (6)



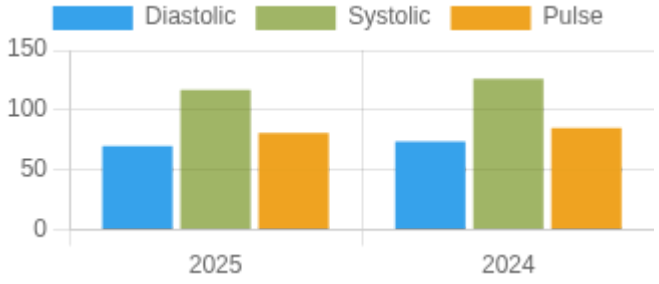
8-2024	120 (1)	67 (1)	76 (1)
7-2024	109 (5)	66 (5)	85 (5)
6-2024	124 (2)	79 (2)	85 (2)
5-2024	111 (2)	67 (2)	92 (2)
4-2024	110 (4)	67 (4)	84 (4)
3-2024	136 (21)	78 (21)	86 (21)
2-2024	163 (2)	89 (2)	83 (2)

Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
7-2025	110 (1)	69 (1)	78 (1)
1-2025	118 (7)	71 (7)	82 (7)
10-2024	105 (1)	73 (1)	78 (1)
7-2024	113 (12)	68 (12)	85 (12)
4-2024	114 (8)	70 (8)	86 (8)
1-2024	139 (23)	79 (23)	85 (23)

Blood Pressure Averages: Yearly



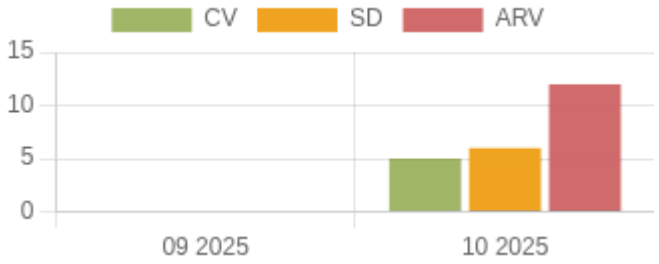
Year	Systolic(n)	Diastolic(n)	Pulse(n)
2025	117 (8)	70 (8)	81 (8)
2024	126 (44)	74 (44)	85 (44)

Chat

Sender	Receiver	Messege	Date&Time
null Sue Ward	Margaret Gates	Will send message to provider	14-10-2025
Margaret Gates	R.A. Ramanujan , M.D.	please refill mounjaro... I see Nancy November 6 ... thank you	13-10-2025
null Sue Ward	Margaret Gates	Morning Margaret please call the office to set up and appointment with Nancy so we can send current office visit with the documentation that the insurance will require Sue	03-10-2025
Margaret Gates	R.A. Ramanujan , M.D.	the prior authorization process will require the prescribing physician to either submit A1C lab results or relevant medical documentation to support the necessity of the prescription not for weight loss	03-10-2025
Margaret Gates	R.A. Ramanujan , M.D.	I can continue ye with mounjaro as long as it is prescribed for me for type 2 diabetes	02-10-2025
Nancy F. Evans , FNP-C, CDE	Margaret Gates	The Mounjaro is for Type 2 Diabetes and should be covered unless they dont have this on your medication formulary. They may want you to use another SGLT 2 inhibitor, such as Ozempic but that is not my decision...you would have to check with them. Nancy	01-10-2025
Margaret Gates	R.A. Ramanujan , M.D.	insurance will only pay for meds to treat type 2 diabetes	30-09-2025

Margaret Gates	R.A. Ramanujan , M.D.	this question is for Dr Ramanujan...what date was the prior approval date for mounjaro? my insurance is changing in 2026 to not cover this medication for anything other than type 2 diabetes... been doing so well on this medication but still considered overweight and do not want to discontinue use	30-09-2025

Systolic Variability Trends

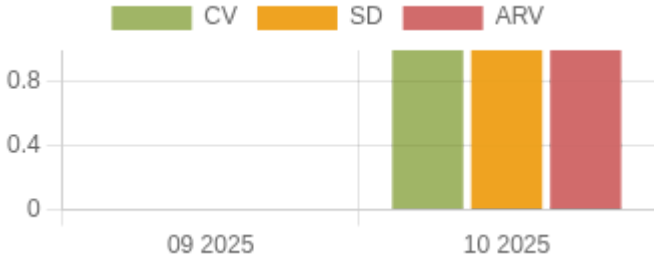


1. CV –The coefficient of variation (CV) is the ratio of the standard deviation to the mean. The higher the coefficient of variation, the greater the level of dispersion around the mean, Units = mmHg.

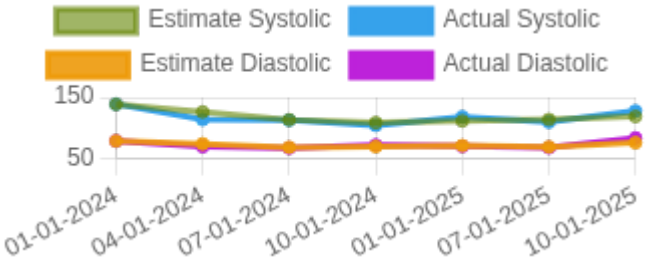
2. ARV – Average real variability (ARV) is a method for measuring short-term, reading-to-reading, within-subject variability. It is defined as the average of the absolute differences between consecutive readings, Units = mmHg.

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

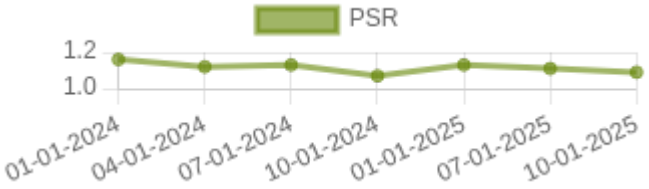


1. Mean(Arithmetic Mean) – Mean is the average of a set of numbers

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.

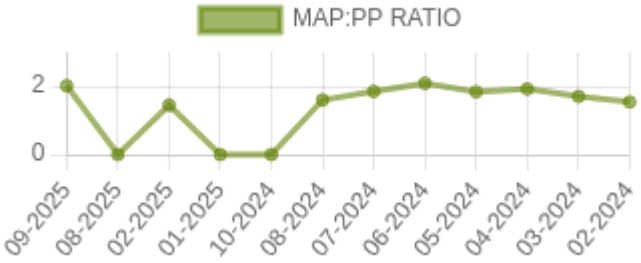
PSR

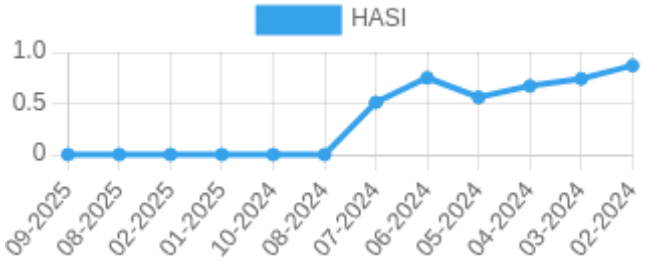


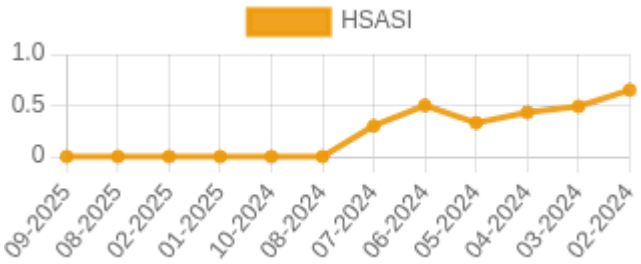
PSR: Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as PSR = [systolic stiffness]/[diastolic stiffness].

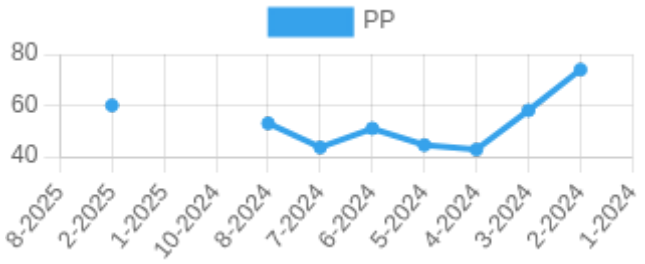
HbA1c Trends

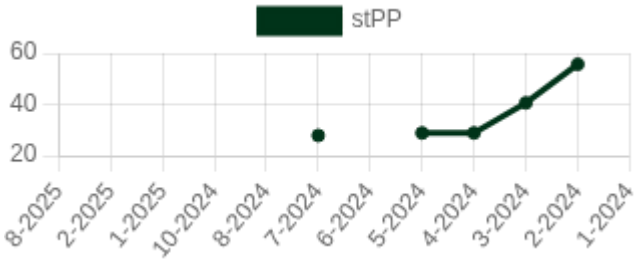
Others Trends

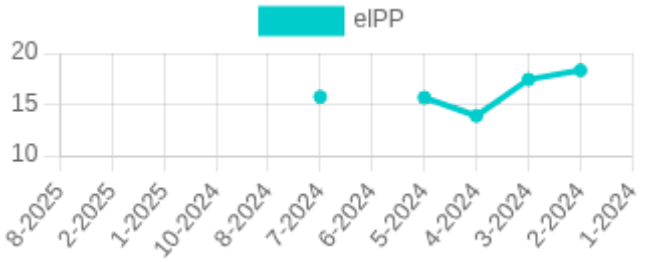


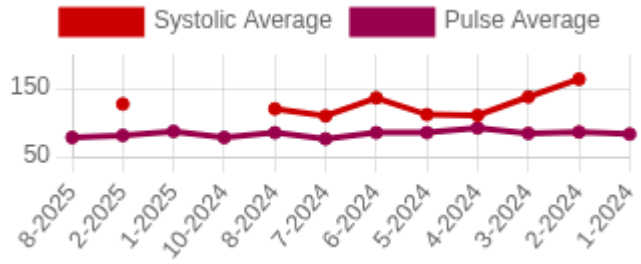












1. MAP:PP Ratio- Mean Arterial Pressure : Pulse Pressure Ratio

2. HASI- Home arterial stiffening index

3. HSASI- Home Symmetric arterial stiffening index

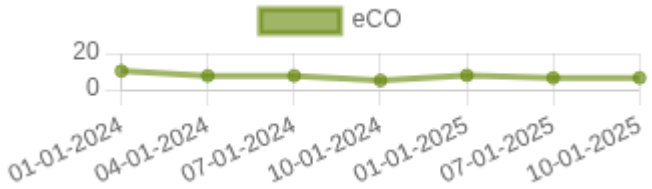
4. PP- Pulse Pressure

5. WIF or widening factor number. WIF = K-1/In(K)-1, where K is the variability ratio (K = Systolic Std. Dev / Diastolic Std. Dev)

6. elPP- Elastic component of pulse pressure. elPP= (PP - stPP)

7. stPP- Stiffening component of pulse pressure. stPP= PP/(1+ WIF)

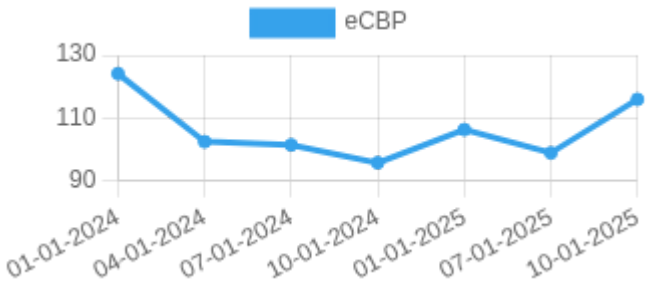
eCO graph



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

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

eCBP graph

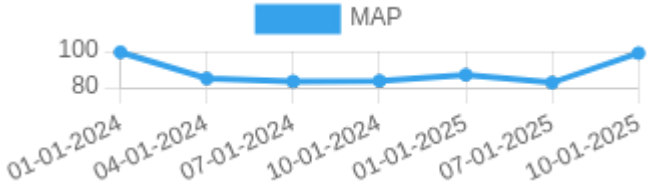


eCBP (Estimated Central Blood Pressure) normal range – 0 – 100 mmHg

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 -Homme 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 In (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. FrontCardiovasc 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 andother information they may potentially generate in the future to understand medication effects and patient management.

Terms & Conditions Accepted: YES

Attention: