

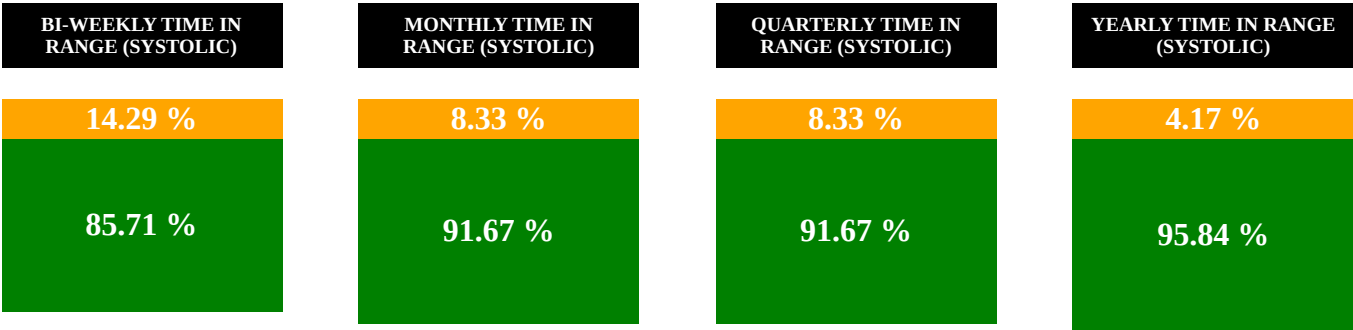


40 Mitchell Ave, Binghamton, NY 13903 Phone:(607) 723-1676

Patient Name: Stephanie Pietrosanti
Height: 5.2

MRN #: 5685
Weight: 170

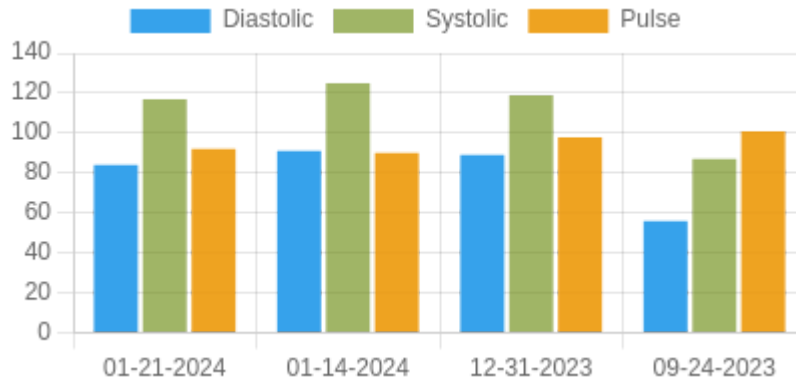
Birth Year:
Hypertension: S1



Systolic Range (<125 mmHg)

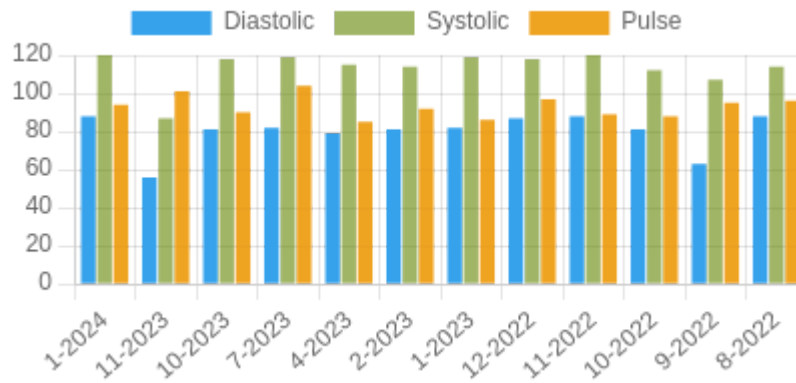
Blood Pressure Averages

Blood Pressure Averages: Weekly



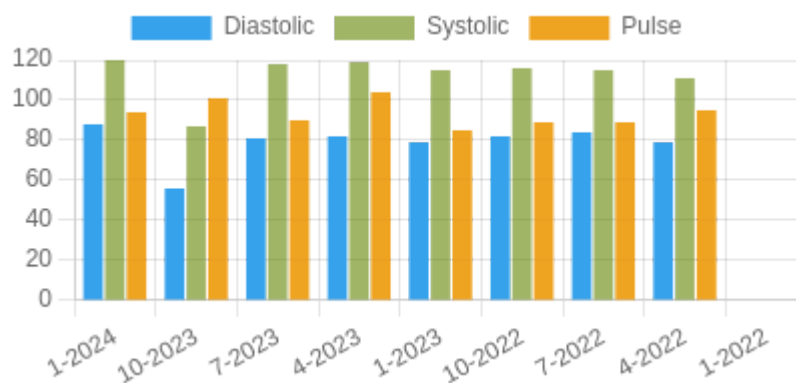
Week	Systolic(n)	Diastolic(n)	Pulse(n)
01-21-2024	117 (4)	84 (4)	92 (4)
01-14-2024	125 (3)	91 (3)	90 (3)
12-31-2023	119 (5)	89 (5)	98 (5)
09-24-2023	87 (2)	56 (2)	101 (2)

Blood Pressure Averages: Monthly



Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2024	120 (12)	88 (12)	94 (12)
11-2023	87 (2)	56 (2)	101 (2)
10-2023	118 (6)	81 (6)	90 (6)
7-2023	119 (4)	82 (4)	104 (4)
4-2023	115 (1)	79 (1)	85 (1)
2-2023	114 (5)	81 (5)	92 (5)
1-2023	119 (4)	82 (4)	86 (4)
12-2022	118 (1)	87 (1)	97 (1)
11-2022	120 (4)	88 (4)	89 (4)
10-2022	112 (7)	81 (7)	88 (7)
9-2022	107 (1)	63 (1)	95 (1)
8-2022	114 (2)	88 (2)	96 (2)

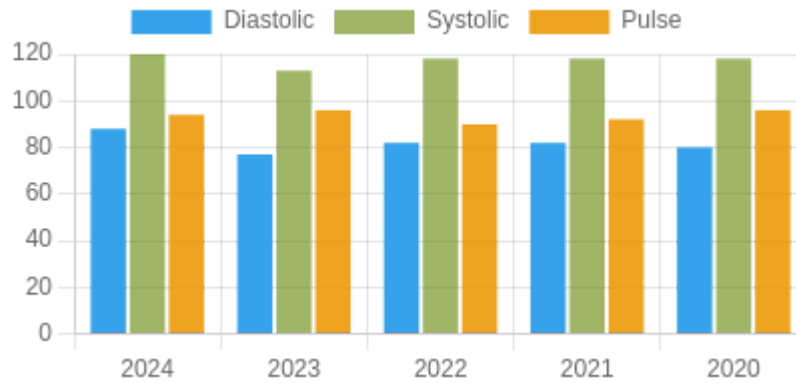
Blood Pressure Averages: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
1-2024	120 (12)	88 (12)	94 (12)
10-2023	87 (2)	56 (2)	101 (2)
7-2023	118 (6)	81 (6)	90 (6)
4-2023	119 (4)	82 (4)	104 (4)
1-2023	115 (1)	79 (1)	85 (1)
10-2022	116 (9)	82 (9)	89 (9)
7-2022	115 (12)	84 (12)	89 (12)

4-2022	111 (3)	79 (3)	95 (3)
1-2022	0 (0)	0 (0)	0 (0)

Blood Pressure Averages: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2024	120 (12)	88 (12)	94 (12)
2023	113 (12)	77 (12)	96 (12)
2022	118 (49)	82 (49)	90 (49)
2021	118 (141)	82 (141)	92 (141)
2020	118 (38)	80 (38)	96 (38)

Blood Sugar Averages

Week	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
02-20-2024						112(1)	
02-04-2024	118(1)						

Month-Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
02-2024						112(1)	
01-2024	118(1)				108(1)	87(1)	135(2)
11-2023					123(1)		

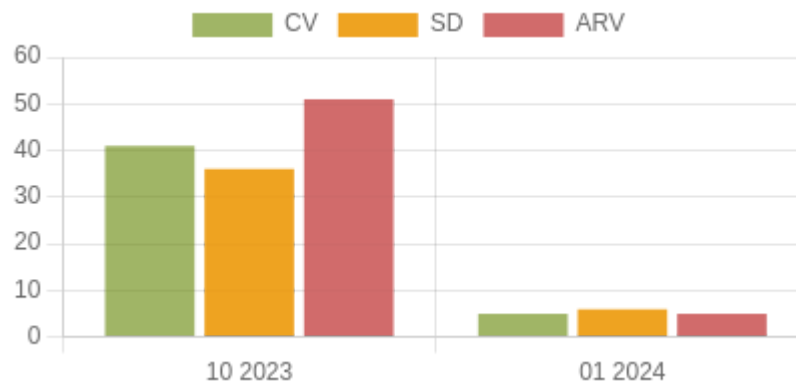
Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2024	118(1)				108(1)	99(2)	135(2)
01-01-2023		117(1)			123(1)	99(1)	103(2)
01-01-2022		114(79)		124(1)	121(5)	105(1)	127(22)

Chat

Sender	Receiver	Message	Date&Time
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	month**	27-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	Hi there! I'm on my third dose of zero bound this week. 5mg can I stay on this dose for another month? the first few days after getting it has been an adjustment.. also do you have to call it in to my pharmacy for next month?	27-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	ok, thanks	15-02-2024
R.A. Ramanujan , M.D.	Stephanie Pietrosanti	Hold pending freedom from C-diff	15-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	well, I'm waiting on a cdiff test.. should I hold off on the Mounjaro this week or is it still ok to take?	15-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	thank you!! thanks for taking great care of me Dr. Ram!!	01-02-2024
R.A. Ramanujan , M.D.	Stephanie Pietrosanti	Just let this be known U R a great charming person! Best wishes	01-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	feeling great! inflammation in my hands and ankles is gone	01-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	down a total of 7.5	01-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	thanks!	01-02-2024
R.A. Ramanujan , M.D.	Stephanie Pietrosanti	Yes you may.	01-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	I have a pretty bad cold can I do my Mounjaro just wanted to be sure	01-02-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	thanks!	27-01-2024
R.A. Ramanujan , M.D.	Stephanie Pietrosanti	Congrtulation!	26-01-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	two doses down.. feeling good. lost 3.5 lbs after the full week	26-01-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	ok	23-01-2024
R.A. Ramanujan , M.D.	Stephanie Pietrosanti	Please do	23-01-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	cdiff*	23-01-2024
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	should I reach out to my primary.. I woke up this morning with a lot of pain again with this uti.. I didn't drink a ton of water yesterday so it could be that. I would figure the pain would	23-01-2024

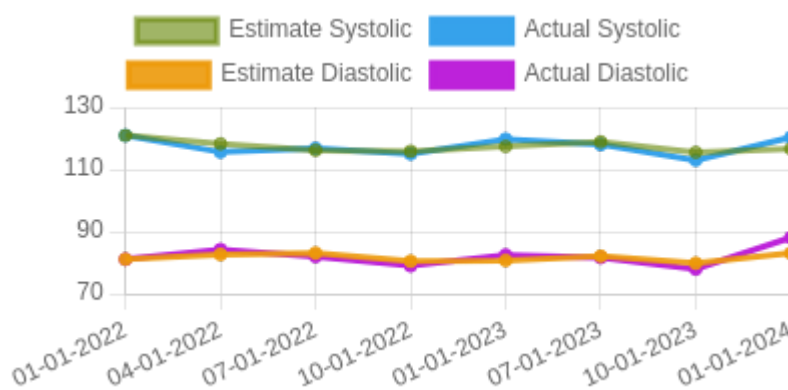
		be gone by now. I don't want to just change antibiotics if it's working especially since I had cliff not to long ago I don't want to risk that happening again	
Stephanie Pietrosanti	R.A. Ramanujan , M.D.	ok	19-01-2024

Variability Trends (Monthly)



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.

Kalman Trends



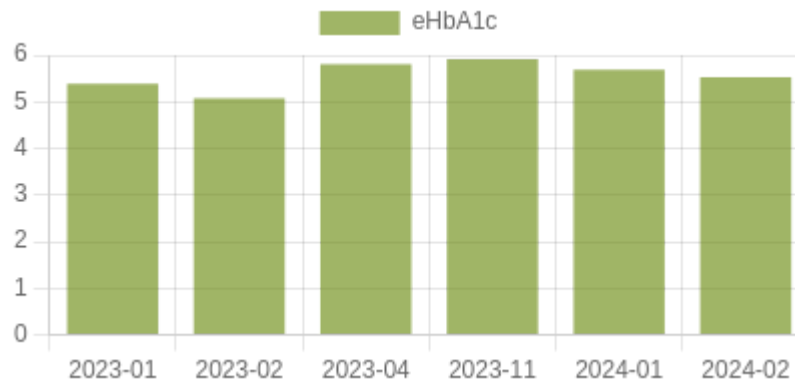
1. Mean(Arithmetic Mean) – Mean is the average of a set of numbers
2. SD – Standard deviation is a statistical measurement of variability. It measures how much variation there is from the average (mean).
3. V- Variance determines the spread of numbers.. It measures how far each number in the set is from the mean (average) and from every other number in the set.

PSR



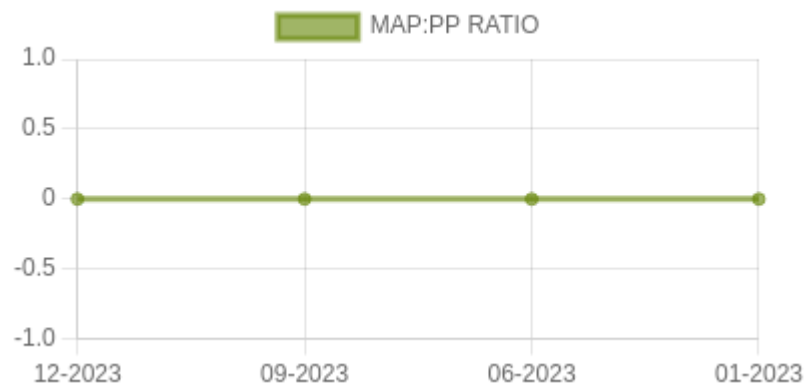
PSR: Pulse stiffening ratio (PSR) is the ratio between systolic and diastolic stiffness. It can be expressed as $PSR = \frac{\text{systolic stiffness}}{\text{diastolic stiffness}}$.

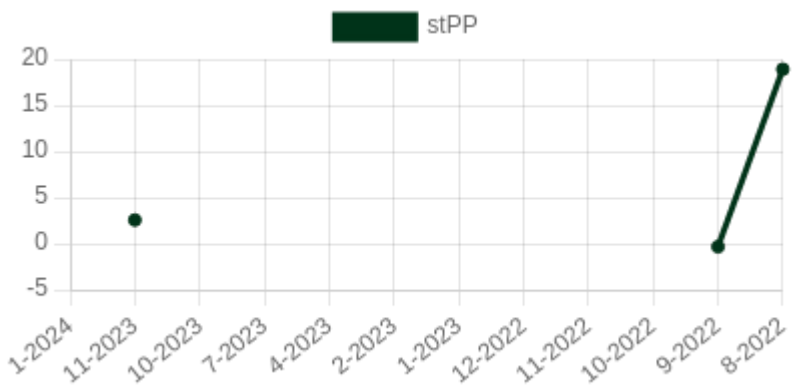
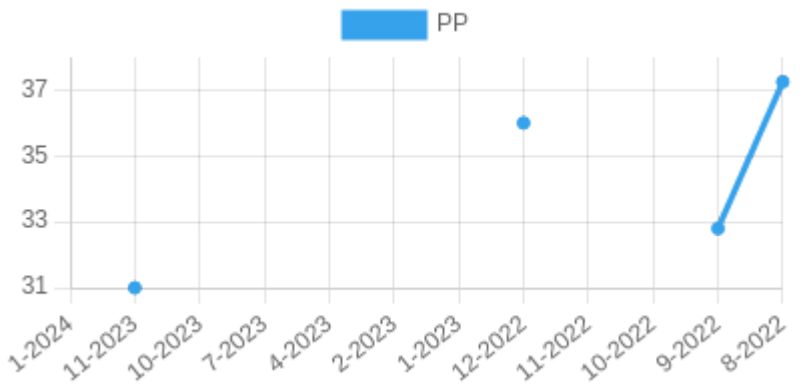
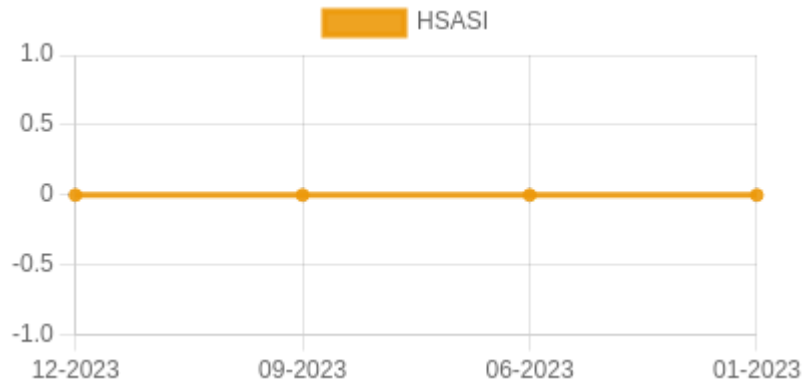
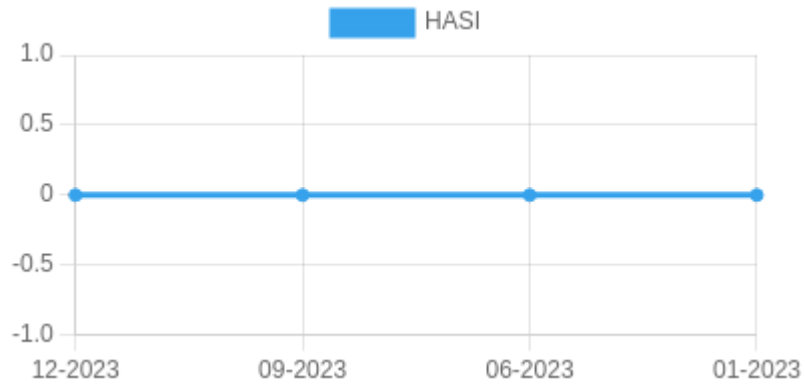
HbA1c Trends

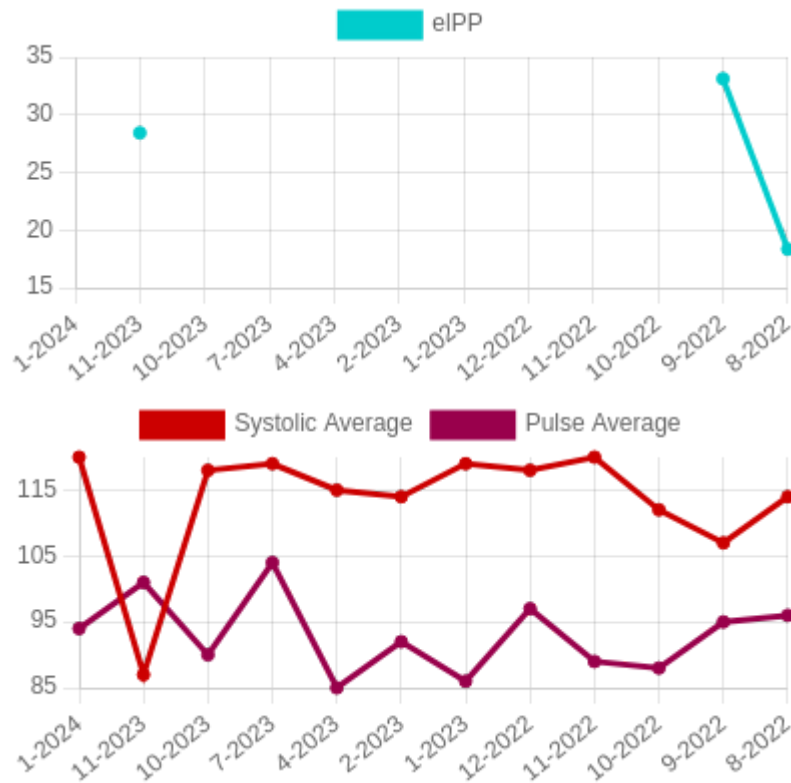


Estimated HbA1c - eHbA1c

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

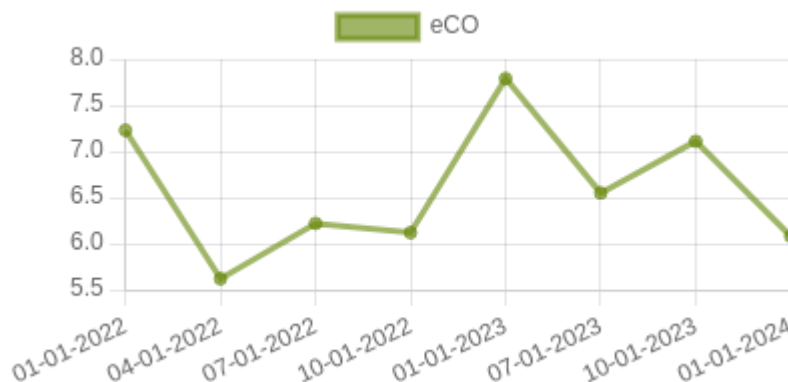
4. PP- Pulse Pressure

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

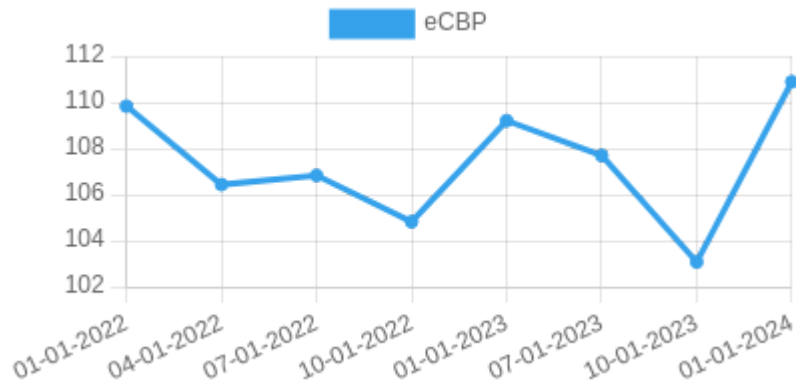
eCO graph



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

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

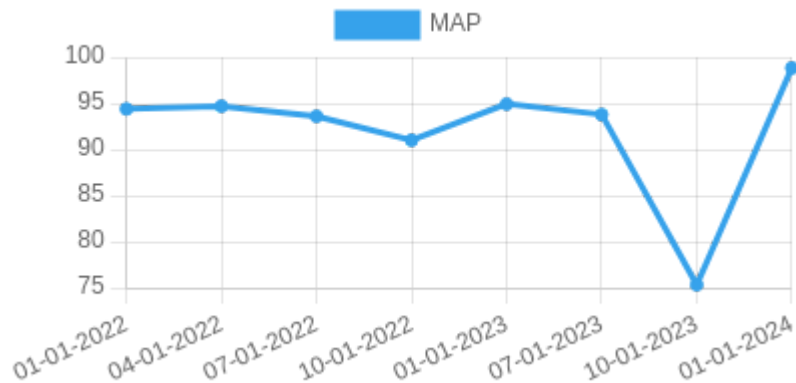
eCBP graph



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/jappphysiol.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*

Gynaecol Obstet 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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