



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

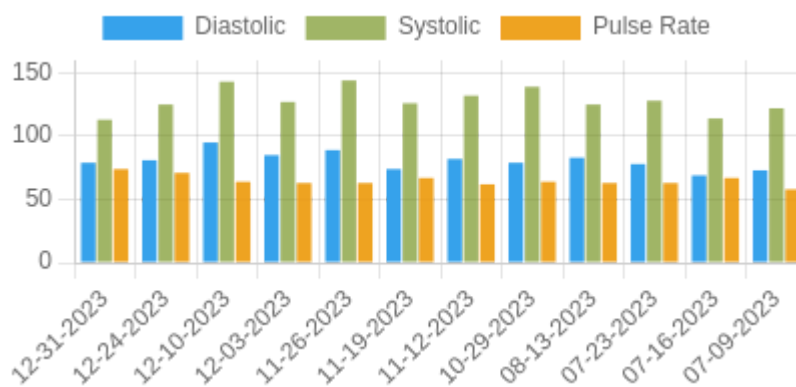
**Patient Name:** Valerie Wescott  
**Height:**

**MRN #:** 7789  
**Weight:**

**Birth Year:**  
**Hypertension:** S1

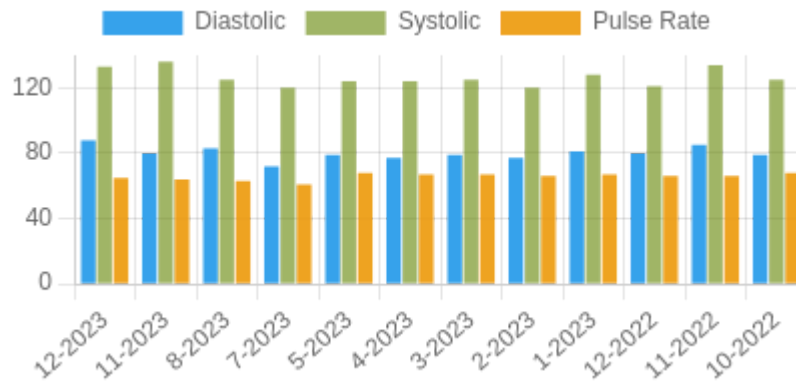
## Blood Pressure Averages

### Blood Pressure Averages::Weekly



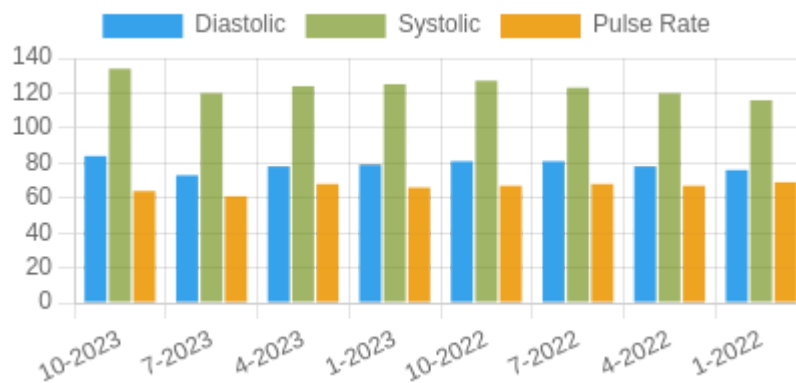
Week	Systolic(n)	Diastolic(n)	Pulse(n)
12-31-2023	113 (1)	79 (1)	74 (1)
12-24-2023	125 (1)	81 (1)	71 (1)
12-10-2023	143 (2)	95 (2)	64 (2)
12-03-2023	127 (2)	85 (2)	63 (2)
11-26-2023	144 (1)	89 (1)	63 (1)
11-19-2023	126 (1)	74 (1)	67 (1)
11-12-2023	132 (1)	82 (1)	62 (1)
10-29-2023	139 (2)	79 (2)	64 (2)
08-13-2023	125 (1)	83 (1)	63 (1)
07-23-2023	128 (1)	78 (1)	63 (1)
07-16-2023	114 (1)	69 (1)	67 (1)
07-09-2023	122 (4)	73 (4)	58 (4)

### Blood Pressure Averages:: Monthly



Month-Year	Systolic(n)	Diastolic(n)	Pulse(n)
12-2023	133 (5)	88 (5)	65 (5)
11-2023	136 (5)	80 (5)	64 (5)
8-2023	125 (1)	83 (1)	63 (1)
7-2023	120 (10)	72 (10)	61 (10)
5-2023	124 (11)	79 (11)	68 (12305)
4-2023	124 (9)	77 (9)	67 (15869)
3-2023	125 (16)	79 (16)	67 (17136)
2-2023	120 (7)	77 (7)	66 (10847)
1-2023	128 (13)	81 (13)	67 (16553)
12-2022	121 (7)	80 (7)	66 (10907)
11-2022	134 (10)	85 (10)	66 (15234)
10-2022	125 (12)	79 (12)	68 (17010)

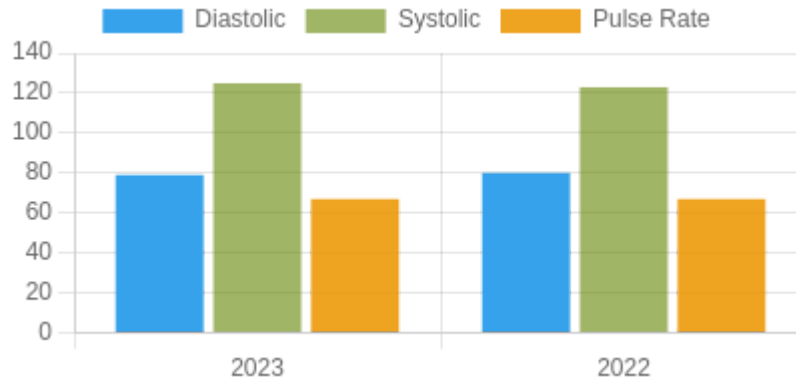
### Blood Pressure Averages:: Quarterly



Quarter-Year	Systolic(n)	Diastolic(n)	Pulse(n)
10-2023	134 (10)	84 (10)	64 (10)
7-2023	120 (11)	73 (11)	61 (11)
4-2023	124 (20)	78 (20)	68 (28174)
1-2023	125 (36)	79 (36)	66 (44536)
10-2022	127 (29)	81 (29)	67 (43151)
7-2022	123 (43)	81 (43)	68 (35065)
4-2022	120 (60)	78 (60)	67 (52524)

1-2022	116 (1)	76 (1)	69 (1761)
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### Blood Pressure Averages:: Yearly



Year	Systolic(n)	Diastolic(n)	Pulse(n)
2023	125 (77)	79 (77)	67 (72731)
2022	123 (133)	80 (133)	67 (132501)

### Blood Sugar Averages

Week	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-13-2024	95(1)		95(1)				
01-05-2024	93(1)						
12-28-2023							
12-20-2023	94(3)						

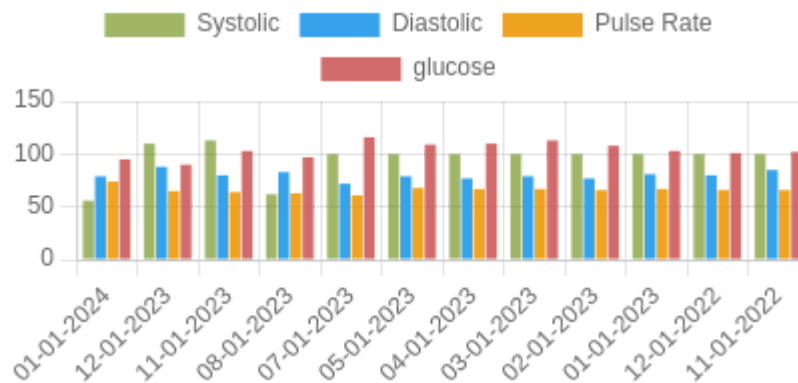
Month-Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-2024	95(1)		95(1)				
12-2023	90(6)						
11-2023	105(4)	94(1)					
10-2023							

Year	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
01-01-2024	95(1)		95(1)				
01-01-2023	97(13)	114(5)	113(27)	96(14)	114(14)	114(2)	
01-01-2022		111(82)	111(23)	96(4)	121(6)	109(17)	117(4)

### Chat

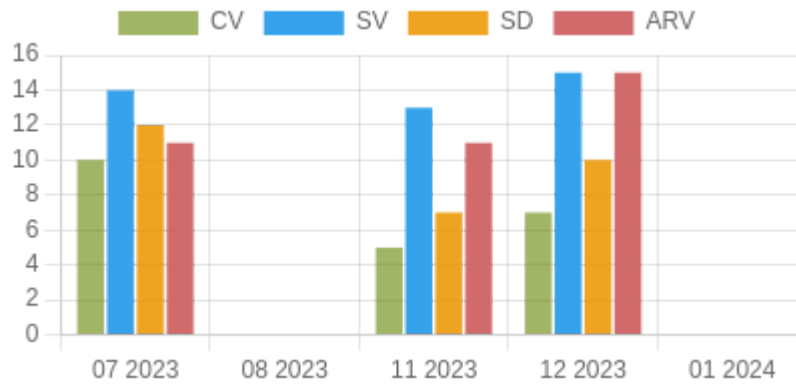
Sender	Receiver	Message	Date&Time
Mr. Anu Banerjee	Valerie Wescott	This is a test message. No response needed.	09-01-2024
null Sue Ward	Valerie Wescott	Test no response needed	09-01-2024
null Diane Precopio	Valerie Wescott	This is a test message. No response needed..	09-01-2024
Mr. Anu Banerjee	Valerie Wescott	This is a test message. No response needed...	10-01-2024
R.A. Ramanujan , M.D.	Valerie Wescott	We apologize for the breakdown in our transition to new version and have better strategy in the future. Best wishes	13-01-2024
null Sue Ward	Valerie Wescott	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
R.A. Ramanujan , M.D.	Valerie Wescott	Hope ! change will be better for you !!	14-12-2023

## Reading Trends



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



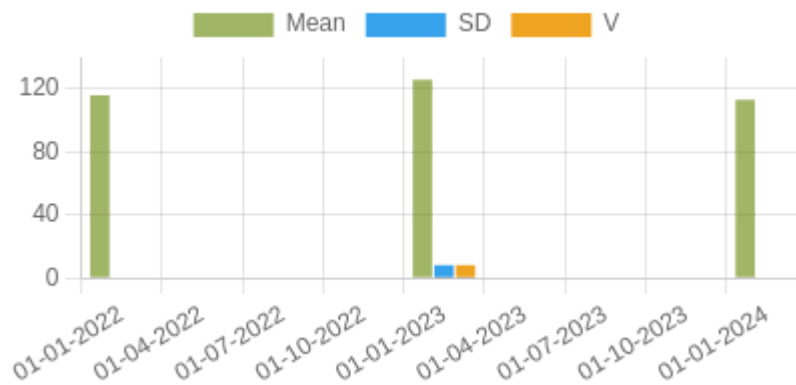
1. CV – Coefficient of Variation

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

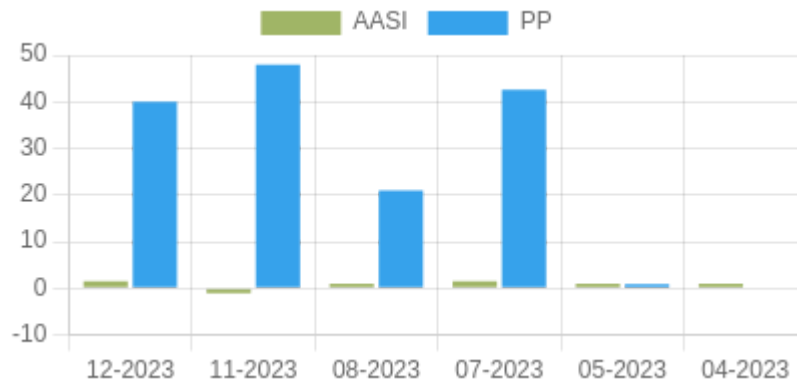


1. Mean(Arithmetic Mean) – Mean is the average of a set of numbers

2. SD – Standard Deviation

3. V- Variance

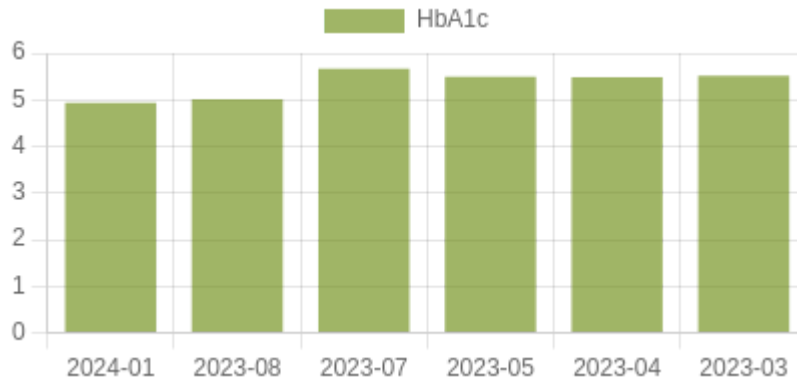
## AASI Trends



1. AASI: Ambulatory Arterial Stiffness Index (AASI) has been proposed as an indirect and simpler method to estimate the Arterial Stiffness (AS).

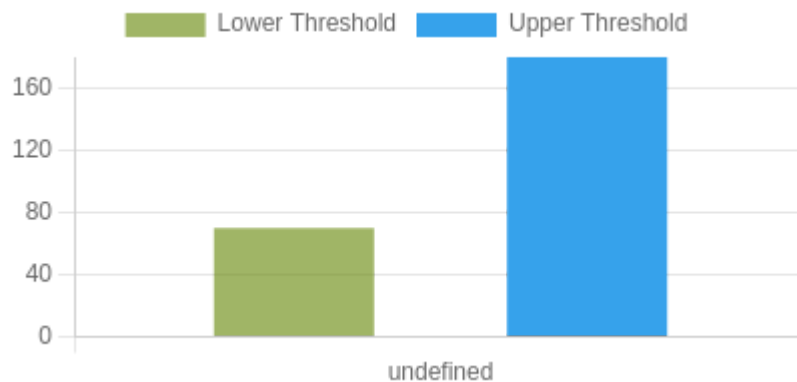
2. PP- Pulse pressure

### HbA1c Trends

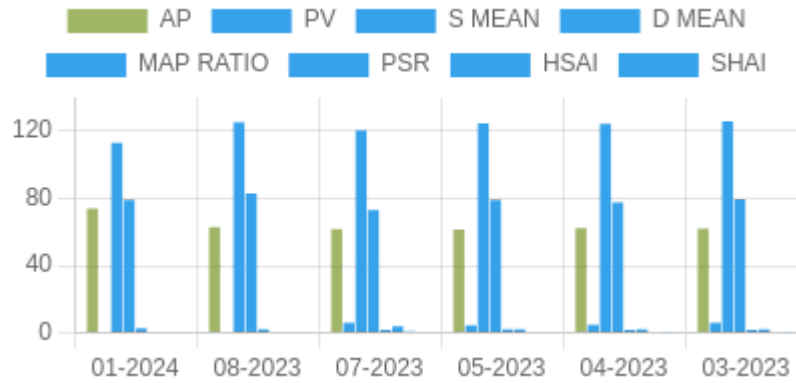


1. HbA1c - glycated hemoglobin

### CGM Trends



### Others Trends



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

**Guide to abbreviations and blood pressure, pulse and other Metrics.**

**HBPM -Home blood pressure measurement.**

**HP -Home pulse**

**HBS -Home blood sugar**

**PP -Pulse pressure**

**AV -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**

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HSASI -Home Symmetric arterial stiffness index

CO -Cardiac output [CO=(PPxHR)x.002]

PSR -Pulse stiffening ratio. (PSR = SBP/DBP or slope of systolic BP/slope of diastolic BP)

Direct central blood pressure DCBP (DCBP = brachial MBP2/brachial DBP or DCBP = radial MBP2/radial DBP)

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.

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 liljestrang & zander formula. *Biomed Sci Instrum*. 2015;51:85-90. PMID: 25996703; PMCID: PMC5317099.

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