Joe Everyday Jr. · DOB 03/14/1974 (52) · Male

Data first, as recorded by labs and clinicians. Diagnoses on record and my questions are on p. 2.

HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	RESTING HR	SPO_2	TOBACCO	LIVES IN
5′11″	**219 lb** 10/6/26	**30.5** waist 41 in	**128/80** home avg; 132/84 clinic	**~64** overnight, watch	**97%** at rest	**never**	**Columbus, OH** ~800 ft

MEDICATIONS AND DEVICES

Drug	Dose	How often	Reason	Since
Lisinopril	10 mg PO	daily	blood pressure	9/2023*
Atorvastatin	20 mg PO	daily	cholesterol	8/2024
Vitamin D3	2,000 IU	daily	low vitamin D	6/2023
CPAP	auto 6–14	nightly	sleep apnea	3/2024

*5 mg until 5/2024. Prescriber: Dr. Jane Sample, Riverside Family Medicine.
Stopped regular ibuprofen 4/2025.

ALLERGIES

Penicillin: hives

Reaction in the 1990s. No other known drug, food or latex allergies.

LAB AND VITALS RESULTS

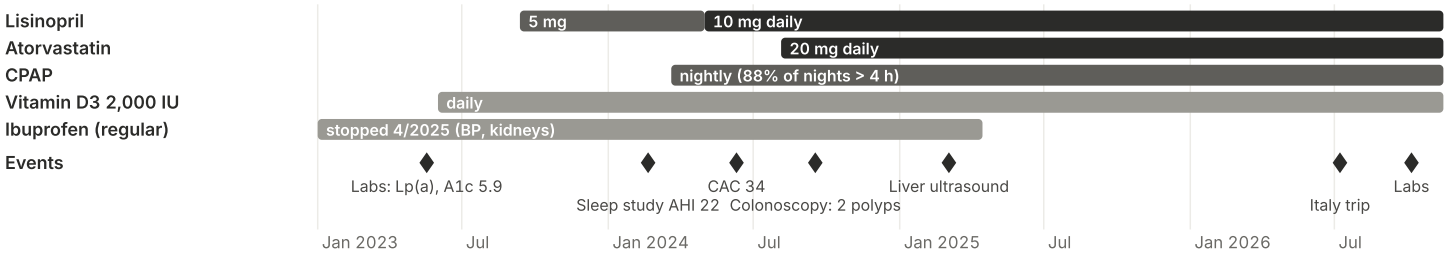
latest value first · H/L = outside the lab's own range · full history in Annex A (p. 3)

Test	Units	Latest	Date	Normal / goal	Where it sits	Trend 2018 → 2026
BLOOD PRESSURE (HOME CUFF, 7-DAY AVG)						
Systolic	mmHg	**128**	Oct 2026	<130		
Diastolic	mmHg	**80**	Oct 2026	<80		
LIPIDS						
ApoB	mg/dL	**82**	10/6/26	<90		
LDL-C	mg/dL	**88**	10/6/26	<100		
Triglycerides	mg/dL	**188 H▲**	10/6/26	<150		
HDL-C	mg/dL	**38 L▼**	10/6/26	>39		
Lp(a)	nmol/L	**145 H▲**	5/18/23	<75		single value
hs-CRP	mg/L	**2.4**	10/6/26	<3.0		
Coronary calcium	Agatston	**34**	6/10/24	0		
METABOLIC / LIVER						
HbA1c	%	**5.9 H▲**	10/6/26	<5.7		
Fasting glucose	mg/dL	**108 H▲**	10/6/26	70–99		
ALT	U/L	**41**	10/6/26	0–44		
Weight	lb	**219**	10/6/26	BMI 25 = 179		
KIDNEY / OTHER						
eGFR	mL/min	**92**	10/6/26	>59		
Potassium	mmol/L	**4.6**	10/6/26	3.5–5.2		
Vitamin D	ng/mL	**34**	10/6/26	30–100		

lab's normal range · latest value · outside range · Atorvastatin started 8/2024; lipid values after that date are on treatment.

MEDICATIONS, DEVICES AND EVENTS

2023 – 2026



DIAGNOSES ON RECORD

as written in the chart, with who recorded them and when

Diagnosis (chart wording)	Recorded by	Date	Notes from the record
Essential hypertension	Dr. Sample	9/2023	Lisinopril started; increased to 10 mg 5/2024.
Mixed hyperlipidemia; elevated Lp(a)	Dr. Sample	5/2023	Atorvastatin started 8/2024 after calcium score.
Coronary artery calcification	Radiology	6/2024	Agatston score 34, LAD.
Prediabetes	Dr. Sample	5/2023	Lifestyle changes advised; A1c every 6 months.
Obstructive sleep apnea, moderate	Sleep medicine	2/2024	Home sleep test AHI 22; CPAP started 3/2024.
Metabolic dysfunction-associated steatotic liver disease	Gastroenterology	3/2025	Ultrasound and FibroScan; repeat in 2 years.
Obesity, class I	Dr. Sample	5/2023	Peak 231 lb (2023).
Vitamin D deficiency	Dr. Sample	5/2023	18 ng/mL; D3 started.
Low back pain, chronic intermittent	Dr. Sample	2024	Physical therapy 2024; NSAIDs stopped 4/2025.
Tubular adenomas of colon	Gastroenterology	9/2024	Two removed; repeat colonoscopy 2031.

SURGICAL HISTORY

- Appendectomy, 1992
- Right knee arthroscopy (meniscus), 2016
- Kidney stone, 2019 (passed; none since)

PREVENTIVE CARE

- Colonoscopy 9/2024 · PSA 1.1 (2026) · eye exam 2025
- Vaccines: flu 10/2026, COVID 9/2026, Tdap 2021, shingles ×2 (2024)

FAMILY / SOCIAL

- **Father:** heart attack at 58 · **mother:** type 2 diabetes · brother: high BP
- Married, 2 children · operations manager, mostly desk work
- Alcohol 4–6 drinks/week (down from ~10)
- Gym ~2×/wk, pickleball since 4/2026 · ~6,700 steps/day

MY QUESTIONS

1. How do you read my cholesterol numbers on atorvastatin, given my Lp(a) and calcium score?
2. My A1c has been 5.9–6.1 for three years. What would you do differently?
3. What are my options for weight, including medication?
4. Should my children have Lp(a) tested?
5. My CPAP mask leaks more lately. Who should refit it?

CUMULATIVE LAB RESULTS

oldest → newest; shaded column = latest

	2019 4/12	2021 6/3	2023 5/18	2024 6/20	2025 1/15	2025 7/22	2026 1/14	Latest 10/6/26	Ref
LIPIDS									
ApoB (mg/dL)	·	·	**128 H**	**131 H**	**95 H**	88	85	**82**	<90
LDL-C (mg/dL)	**148 H**	**155 H**	**162 H**	**158 H**	**104 H**	96	91	**88**	<100
Non-HDL (mg/dL)	**184 H**	**190 H**	**196 H**	**194 H**	**142 H**	130	124	**118**	<130
HDL-C (mg/dL)	**36 L**	**35 L**	**34 L**	**35 L**	**37 L**	**38 L**	**37 L**	**38 L**	>39
Triglycerides	**210 H**	**245 H**	**260 H**	**238 H**	**205 H**	**196 H**	**192 H**	**188 H**	<150
Lp(a) (nmol/L)	·	·	**145 H**	·	·	·	·	·	<75
hs-CRP (mg/L)	·	·	**3.1 H**	·	·	2.8	·	**2.4**	<3.0
METABOLIC									
HbA1c (%)	5.6	**5.7 H**	**5.9 H**	**6.1 H**	**6.0 H**	**5.9 H**	**5.9 H**	**5.9 H**	<5.7
Fasting glucose	98	**101 H**	**104 H**	**112 H**	**107 H**	**106 H**	**105 H**	**108 H**	70–99
Fasting insulin	·	·	19	·	·	17	·	**18**	2.6–24.9
BLOOD									
Hemoglobin (g/dL)	15.4	15.2	15.0	15.3	·	15.1	·	**15.1**	13–17.7
Platelets (K/µL)	241	236	252	248	·	239	·	**244**	150–450
KIDNEY / LIVER									
Creatinine (mg/dL)	0.94	0.97	0.96	1.01	0.99	0.98	0.97	**0.98**	0.76–1.27
eGFR	96	93	94	89	91	92	92	**92**	>59
Urine alb/creat (mg/g)	·	·	9	·	·	11	·	**12**	<30
Potassium (mmol/L)	4.2	4.3	4.4	4.6	4.7	4.5	4.6	**4.6**	3.5–5.2
ALT (U/L)	38	**49 H**	**58 H**	**62 H**	**55 H**	**47 H**	44	**41**	0–44
GGT (U/L)	·	·	61	·	·	54	·	**52**	0–65
OTHER									
TSH (mIU/L)	1.9	·	2.1	·	·	1.8	·	·	0.45–4.5
Vitamin D (ng/mL)	·	·	**18 L**	·	29	33	·	**34**	30–100
PSA (ng/mL)	·	·	0.9	·	·	·	1.0	**1.1**	<4

Bold orange with H/L = outside the lab's range. All draws fasting, same lab. Atorvastatin started 8/2024, so lipids after that date are on treatment.

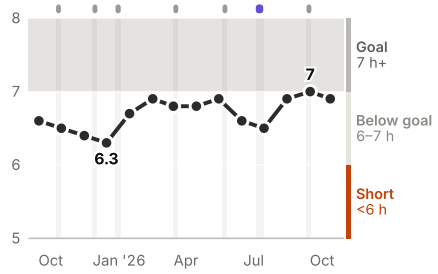
IMAGING AND PROCEDURES

2/2024	**Home sleep test**	AHI 22 events/hour (**moderate OSA**); lowest SpO_2 84%.
6/10/2024	**Coronary calcium CT**	**Agatston score 34** (LAD), about the 60th percentile for age and sex.
9/17/2024	**Colonoscopy**	Two tubular adenomas <10 mm removed. Repeat in 7 years.
3/4/2025	**Liver ultrasound + FibroScan**	Moderate steatosis. CAP 290 dB/m; stiffness 6.1 kPa (low risk of advanced fibrosis).
8/2025	**EKG**	Normal sinus rhythm; no ischemic changes.
2016	**R knee MRI**	Medial meniscus tear; repaired arthroscopically.

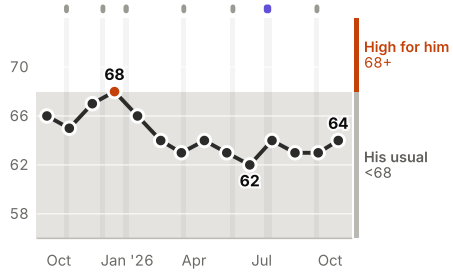
OVERNIGHT VITALS, SMARTWATCH

monthly averages, Sep 2025 – Oct 2026 · marks on top = trips

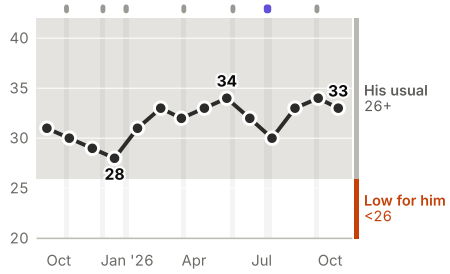
Sleep per night (h)



Lowest resting HR (bpm)



HRV (ms)



Sleep improved from ~6.3 to ~6.9 h a night after a CPAP mask refit in February. Resting heart rate drifted down 4–5 bpm as walking increased in spring and summer. Winter months show the lowest activity and highest resting heart rate.

TRAVEL, LAST 12 MONTHS

6 trips, ~37 days away; purple = international



HOW TRAVEL AFFECTS OVERNIGHT VITALS

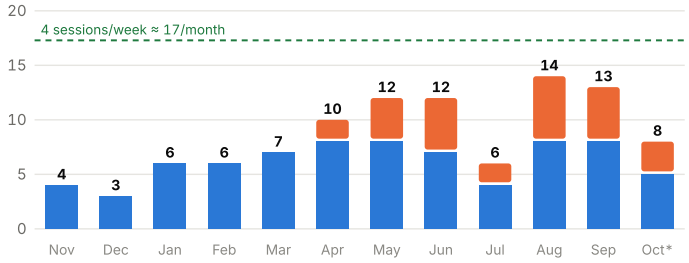
Trip type	Time shift	Sleep	HRV	Low HR	What happened
Home baseline (Columbus, OH)	—	6.8 h	32	64	CPAP used nightly.
US work trips	0–1 h	**6.1 h**	**29**	**66**	Late client dinners, more alcohol; CPAP packed on every trip.
Atlanta, CPAP forgotten	0 h	**5.4 h**	**24**	**71**	Three nights without CPAP; worst recovery of the year.
Denver conference	−2 h west	6.5 h	**28**	**69**	Altitude 5,280 ft: resting HR up ~5 bpm, normal on return.
Italy, vacation	+6 h east	6.6 h	31	65	First 3 nights ~5.2 h (jet lag), then 7+ h; ~13,000 steps/day.

What this shows: the biggest single hit to his overnight vitals was a trip without CPAP, larger than any time-zone change. Altitude raised resting heart rate on its own.

EXERCISE

Sessions per month

gym (strength + elliptical) pickleball (since Apr 2026) · *Oct through the 19th.



FREQUENCY
~2×/week
Gym plus pickleball since spring; fewer in winter.

DAILY WALKING
~6,700
Steps/day (monthly avgs 4,900–8,600).

BEST MONTH
8,600
Steps/day in June 2026, plus 5 pickleball games.

GOAL
8,000+
Steps/day year-round; strength 2×/wk.