

INSULIN USE AND BP/PULSE

FAST

REGULAR

BP/ PULSE

DATE	TIME	READING	ASPART	LANTUS	
11/28/23	0700	149	5	40	129/87-81
11/29/23	0700	155	5	40	139/77-84
12/01/23	0700	150	5	40	130/81-86
12/02/23	0800	167	5	40	144/98-87
12/03/23	0600	152	5	40	134/75-88
12/04/23	0700	157	5	40	149/85-79
12/05/23	0700	180	5	40	133/86-78
12/06/23	0500	153	5	40	130/81-86
12/07/23	0600	200	5	40	127/87-66
12/08/23	0800	226	5	40	152/100-76
12/09/23	0300	181	5	40	
12/09/23	1000	115			166/93-81
12/10/23 Sunday	0700	201	Begin Ozempic .25 Mg	40	140/83-80
12//23	1800	148		40	
12/11/23	0700	172		40	152/103-81
12/12/23	0700	126		40	148/86-85
12/13/23	0700	91		40	169/104-77
12/14/23	0700	108		40	148/92-85
12/15/23	0700	105		40	138/85-84
12/16/23	0700	94	Ozempic	40	129/93-73
12/17/23	0800	86	.25 Mg	40	149/87-70
12/18/23	0800	103		40	140/83-80
12/19/23	0700	98		40	152/103-89
12/20/23	0700	134		30	148/88-80
12/20/23	2200	65			152/85-94
12/21/23	0800	105			152/85-94
12/21/23	1800	101			
12/22/23	0800	136		40	129/93-73
12/22/23	1030	63			
12/22/23	1230	91			
12/23/23	0800	186		40	137/90-76
12/23/23	1400	136	Ozempic		
12/24/23	0800	162	.5 Mg	40	152/92-70
12/24/23	1900	121			
12/25/23	0700	112		40	129/93-73
12/26/23	0800	144		40	130/106-76
12/26/23	2300	88			
12/27/23	0800	135			129/93-73
12/28/23	0800	95			129/87-81
12/29/23	0800	124			152/84-77
12/29/23	1800	108			
12/30/23	0700	135			161/96-76
12/30/23	1800	160	Ozempic	40	
12/31/23	0600	129	.5 Mg		137/90-76
1/01/24	0700	119			138/92-91
1/02/24	0800	118			137/90-76
1/03/24	0800	119			154/93-86
1/03/24	1700	91			
1/04/24	0800	136			152/86-79
1/05/24	0700	154		40	144/80-85
1/06/24	0700	134	Out Of	20	148/80-79
1/07/24	0700	117	Ozempic	20	129/93-73
1/08/24	0700	105	300 Lb	20	133/83-78
1/09/24	0600	110		20	137/84-73
1/09/24	1500	101			
1/10/24	0700	139		20	123/93-67
1/10/24	1600	115			
1/10/24	2300	101			
1/11/24	0800	142		20	132/90-84
1/12/24	0700	121		20	128/85-70
1/12/24	1600	95			
1/13/24	0600	117			135/81-66
1/13/24	1700	108	Ozempic		
1/14/24	0800	138	.5 Mg	20	124/79-79

1/15/24	0800	117		20	122/83-67
1/15/24	2100	82			
1/16/24	0800	128		20	117/85-75
1/16/24	1300	112		20	
1/17/24	0600	120		20	136/78-84
1/18/24	0700	119		20	120/81-88
1/18/24	1500	112			
1/19/24	0700	103		20	120/72-78
1/19/24	1700	97			
1/20/24	0700	103			118/76-75
1/20/24	1600	72	Ozempic		132/91-74
1/21/24	0700	94	.5 Mg		120/84-85
1/21/24	1300	84			
1/21/24	1900	93			
1/22/24	0400	98			
1/22/24	0800	101			130/78-78
1/22/24	1900	140		10	
1/23/24	0700	141		20	120/81-88
1/23/24	1800	125			
1/24/24	0700	135		20	111/78-81
1/24/24	1900	94			
1/25/24	0700	130		20	139/78-89
1/25/24	1800	111			
1/26/24	0600	108		20	136/94-69
1/27/24	0700	122	Ozempic	20	152/95-81
1/28/24	0800	120	.5 Mg	20	145/90-73
1/28/24	1800	109	285 Lb		
1/29/24	1000	132		20	153/88-73
1/29/24	1700	107			
1/30/24	0800	129		20	137/83-82
1/30/24	2100	118			
1/31/24	0800	135			142/79-74
1/31/24	1900	127			
2/1/24	0900	142		20	146/91-81
2/1/24	1800	140			
3/1/24	0800	113		20	157/92-81
2/3/24	0700	147	Ozempic	20	150/83-79
2/4/24	0800	132	.5 Mg	20	139/83-91
2/4/24			282 Lb		
2/4/24	1800	108			
2/5/24	0800	111		20	152/99-60
2/5/24	2100	107			
2/6/24	0700	97		20	160/93-68
2/6/24	1600	110			
2/7/24	0800	123		20	159/89-73
2/7/24	2300	116			
2/8/24	0800	111		20	143/85-84
2/9/24	0700	108		20	152/88-80
2/10/24	0700	97		20	159/89-73
2/11/24	0700	120	.5 Mg 280 Lb	20	170/119-72
2/12/24	0800	107		20	176/100-82
2/12/24	1800	140			
2/13/24	0700	93		20	172/103-78
2/13/24	1500	143			
2/14/24	0800	101		20	159/93-78
2/15/24	0800	114		20	156/89-91
2/16/24	0800	105		20	151/100-84
2/17/24	0800	115		20	175/106-92
2/18/24	0800	127	.5 Mg 280 Lb	20	144/86-74
2/19/24	0800	122		20	151/103-85
2/20/24	0800	105		20	160/145-74
2/21/24	0700	101			160/108-86
2/22/24	0700	121		20	179/93-81
2/23/24	0700	119		20	163/95-78
2/24/24	0700	107	Ozempic	20	179/94-81
2/25/24	0800	123	1.0 278		163/74-77
2/26/24	0700	141			178/92-79

2/27/24	0700	130			160/106-82
2/28/24	0700	150		15	162/96-80
2/29/24	0800	151		20	172/104-77
3/1/24	0800	124		20	163/98-79
3/2/24	0700	140		20	160/106-82
3/3/24	0700	144	Ozempic 1.0 Mg 270 Lb	20	179/109-88
3/4/24	0800	135		20	172/100-79
3/5/24	0800	117		20	172/95-80
3/6/24	0800	149		20	144/73-81
3/7/24	0700	133		20	178/106-79
3/8/24	0700	135		20	153/81-76
3/9/24	0800	132		20	152/84-80
3/10/24	0800	121	Ozempic 1.0 Mg 264 Lb	20	141/89-72
3/11/24	0800	130		20	175/89-80
3/12/24	0700	119		20	162/88-84
3/13/24	0700	127		20	144/104-85
3/14/24	0800	119		20	146/92-78
3/15/24	0700	163		20	163/93-92
3/16/24	0700	149		20	144/82-77
3/17/24	0800	148	Ozempic 1.0 Mg 276 Lb	20	160/88-79
3/18/24	0900	162		40	169/89-85
3/19/24	0700	117		20	157/94-86
3/20/24	0700	145		20	151/96-70
3/21/24	0700	130		20	146/92-78
3/22/24	1000	130		20	163/93-92
3/23/24	0800	110		20	146/81-85
3/24/24	0700	141	Ozempic 1.0 Mg 276 Lb	20	151/96-70
3/25/24	0800	118		20	175/95-78
3/26/24	0700	103		20	172/107-82
3/27/24	0700	101		20	165/94-87
3/28/24	0700	129		20	171/93-90
3/29/24	0700	132		20	168/99-79
3/30/24	0700	149		20	154/92-77
3/31/24	0700	131	Ozempic 1.0 Mg 276 Lb	20	163/90-74
4/1/24	0700	107		20	156/95-77
4/2/24	0700	124		20	191/101-81
4/3/24	0600	111		20	164/98-82
4/4/24	0700	121		20	159/106-83
4/5/24	0700	126		20	178/100-78
4/6/24	0700	118		20	178/101-75
4/7/24	0600	105	Ozempic 1.0 Mg 276 Lb	20	155/90-86
4/8/24	0600	105		20	167/98-80
4/9/24	0700	123		20	163/93-75
4/10/24	0700	106		20	138/66-74
4/11/24	0700	138			156/93-82
4/12/24	0700	126			164/99-72
4/13/24	0700	139			157/92-83
4/14/24	0700	144	Ozempic 1.0 Mg 271 Lb		169/94-86
4/15/24	0700	133			150/87-78
4/15/24	1900	111			
4/16/24	0700	143			142/87-85
4/17/24	0700	150			132/87-83
4/18/24	0700	142			197/85-90
4/19/24	0700	147			149/102-92
4/20/24	0700	146			152/89-78
4/21/24	0700	176	Ozempic 1.0 Mg 264 Lb	10	133/89-91
4/22/24	0700	142		10	136/88-84
4/23/24	0700	142		10	129/84-80
4/24/24	0700	156		15	142/84-83

4/25/24	0700	144		15	150/123-77
4/26/24	0700	123		15	
4/27/24	0700	164		15	123/89-87
4/2/24					
4/2/24					
4/2/24					
4/2/24					
4/2/24					

MY MEDICATION LIST / VERN IRWIN LAST 4 = 2585
4/10/2024

MEDICATION	TAKEN
*****	*****
MEDS I CURRENTLY USE	MEDS I CURRENTLY USE
Ascorbic ACID 500MG Tab Rx# 8966821A	1 Tab a day
Tamsulosin HCL 0.4 MG Rx# 9036782	1 Capsule daily
Xarelto / Rivaroxaban 20MG TAB for Afib Rx# 9112128	1 Tab daily
Lantus Insulin Rx#	As needed
Ferrous Sulfate 325 Mg	One a day
Ibuprofen 200MG	Stopped taking
Finasteride 5 MG Tab Rx# 90336780	10 MG...1 daily
Losartan 25 MG for High B/P	1 daily
Tylenol 500 MG / Tab	2 Morning 2 Evening 2000 MG daily
SEMAGLUTIDE	.5 Mg Every Sunday Morning
Metformin 1000 Mg Tab	Twice a day