Sağlık Takip Raporu

pancra

1 Ekim 2026 – 31 Ekim 2026

**Örnek Hasta (demo veri)**

Oluşturulma: 01.11.2026 09:30

## Kan Şekeri Özeti

| 142 | 68 | 200 | %6.6 |
|---|---|---|---|
| Ortalama mg/dL | En Düşük | En Yüksek | Tahmini HbA1c (90G) |

Hedef aralık (70–140 mg/dL): **53** ölçüm | Düşük (<70): **1** | Yüksek (>140): **75**

## Kan Şekeri Kayıtları

| Tarih | Saat | BG (mg/dL) | Lantus | Apidra | Not |
|---|---|---|---|---|---|
| 01.10.2026 | 07:25 | **104** | — | — | |
| 01.10.2026 | 13:34 | **170** | — | 5ü | Izgara köfte, cacık |
| 01.10.2026 | 19:41 | **171** | — | 4ü | Fırında balık, salata |
| 01.10.2026 | 21:05 | **132** | 18ü | — | |
| 02.10.2026 | 07:41 | **125** | — | — | |
| 02.10.2026 | 09:24 | **160** | — | 4ü | Haşlanmış yumurta, domates |
| 02.10.2026 | 13:42 | **169** | — | 6ü | Tavuk, salata |
| 02.10.2026 | 19:36 | **168** | — | 6ü | Fırında balık, salata |
| 02.10.2026 | 21:15 | **133** | 18ü | — | |
| 03.10.2026 | 07:29 | **104** | — | — | |
| 03.10.2026 | 13:41 | **166** | — | 6ü | Mercimek çorbası |
| 03.10.2026 | 19:35 | **155** | — | 5ü | Karnıyarık |
| 03.10.2026 | 21:11 | **141** | 18ü | — | |
| 04.10.2026 | 07:25 | **113** | — | — | |
| 04.10.2026 | 13:58 | **145** | — | 6ü | Izgara köfte, cacık |
| 04.10.2026 | 19:40 | **167** | — | 6ü | Tavuk sote, bulgur |
| 04.10.2026 | 21:15 | **141** | 18ü | — | |
| 05.10.2026 | 07:37 | **110** | — | — | |
| 05.10.2026 | 13:32 | **145** | — | 6ü | Zeytinyağlı fasulye |
| 05.10.2026 | 19:46 | **147** | — | 5ü | Karnıyarık |
| 05.10.2026 | 21:03 | **130** | 18ü | — | |
| 06.10.2026 | 07:35 | **109** | — | — | |
| 06.10.2026 | 09:27 | **153** | — | 4ü | Yulaf, ceviz |
| 06.10.2026 | 13:57 | **143** | — | 4ü | Zeytinyağlı fasulye |

| Tarih | Saat | BG (mg/dL) | Lantus | Apidra | Not |
|---|---|---|---|---|---|
| 06.10.2026 | 19:58 | **137** | — | 5ü | Fırında balık, salata |
| 06.10.2026 | 21:13 | **128** | 18ü | — | |
| 07.10.2026 | 07:38 | **112** | — | — | |
| 07.10.2026 | 13:38 | **158** | — | 6ü | Izgara köfte, cacık |
| 07.10.2026 | 19:55 | **153** | — | 4ü | Tavuk sote, bulgur |
| 07.10.2026 | 21:09 | **120** | 18ü | — | |
| 08.10.2026 | 07:37 | **102** | — | — | |
| 08.10.2026 | 13:37 | **156** | — | 5ü | Zeytinyağlı fasulye |
| 08.10.2026 | 19:49 | **158** | — | 4ü | Sebze çorbası, ekmek |
| 08.10.2026 | 21:03 | **122** | 18ü | — | |
| 09.10.2026 | 07:27 | **104** | — | — | |
| 09.10.2026 | 13:47 | **198** | — | 4ü | Kuru fasulye, pilav |
| 09.10.2026 | 19:43 | **137** | — | 6ü | Karnıyarık |
| 09.10.2026 | 21:07 | **139** | 18ü | — | |
| 10.10.2026 | 07:25 | **128** | — | — | |
| 10.10.2026 | 09:27 | **168** | — | 4ü | Yulaf, ceviz |
| 10.10.2026 | 13:48 | **170** | — | 6ü | Nohut, bulgur pilavı |
| 10.10.2026 | 19:38 | **157** | — | 4ü | Tavuk sote, bulgur |
| 10.10.2026 | 21:08 | **143** | 18ü | — | |
| 11.10.2026 | 07:40 | **123** | — | — | |
| 11.10.2026 | 13:42 | **174** | — | 5ü | Kuru fasulye, pilav |
| 11.10.2026 | 19:49 | **148** | — | 6ü | Karnıyarık |
| 11.10.2026 | 21:09 | **133** | 18ü | — | |
| 12.10.2026 | 07:49 | **113** | — | — | |
| 12.10.2026 | 13:33 | **167** | — | 5ü | Nohut, bulgur pilavı |
| 12.10.2026 | 19:47 | **142** | — | 6ü | Etli taze fasulye |
| 12.10.2026 | 21:03 | **115** | 18ü | — | |
| 13.10.2026 | 07:41 | **150** | — | — | |
| 13.10.2026 | 19:49 | **150** | — | 4ü | Tavuk sote, bulgur |
| 13.10.2026 | 21:08 | **140** | 18ü | — | |
| 14.10.2026 | 07:32 | **108** | — | — | |
| 14.10.2026 | 09:23 | **160** | — | 4ü | Peynir, zeytin, yumurta |
| 14.10.2026 | 13:33 | **174** | — | 6ü | Nohut, bulgur pilavı |
| 14.10.2026 | 19:40 | **151** | — | 4ü | Karnıyarık |
| 14.10.2026 | 21:11 | **115** | 18ü | — | |
| 15.10.2026 | 07:41 | **122** | — | — | |

| Tarih | Saat | BG (mg/dL) | Lantus | Apidra | Not |
|---|---|---|---|---|---|
| 15.10.2026 | 13:55 | **163** | — | 6ü | Zeytinyağlı fasulye |
| 15.10.2026 | 19:55 | **168** | — | 4ü | Tavuk sote, bulgur |
| 15.10.2026 | 21:08 | **137** | 18ü | — | |
| 16.10.2026 | 07:30 | **111** | — | — | |
| 16.10.2026 | 13:47 | **163** | — | 4ü | Tavuk, salata |
| 16.10.2026 | 19:48 | **161** | — | 6ü | Sebze çorbası, ekmek |
| 16.10.2026 | 21:12 | **145** | 18ü | — | |
| 17.10.2026 | 07:34 | **105** | — | — | |
| 17.10.2026 | 13:35 | **166** | — | 4ü | Tavuk, salata |
| 17.10.2026 | 19:51 | **143** | — | 6ü | Mantı |
| 17.10.2026 | 21:01 | **127** | 18ü | — | |
| 18.10.2026 | 07:30 | **119** | — | — | |
| 18.10.2026 | 09:21 | **154** | — | 4ü | Simit, peynir |
| 18.10.2026 | 13:36 | **173** | — | 6ü | Zeytinyağlı fasulye |
| 18.10.2026 | 19:46 | **153** | — | 4ü | Sebze çorbası, ekmek |
| 18.10.2026 | 21:00 | **115** | 18ü | — | |
| 19.10.2026 | 07:37 | **68** | — | — | Sabah, terleme vardı |
| 19.10.2026 | 19:55 | **151** | — | 6ü | Karnıyarık |
| 19.10.2026 | 21:15 | **128** | 18ü | — | |
| 20.10.2026 | 07:38 | **102** | — | — | |
| 20.10.2026 | 13:51 | **175** | — | 4ü | Izgara köfte, cacık |
| 20.10.2026 | 19:35 | **177** | — | 4ü | Karnıyarık |
| 20.10.2026 | 21:00 | **116** | 18ü | — | |
| 21.10.2026 | 07:35 | **105** | — | — | |
| 21.10.2026 | 13:32 | **138** | — | 5ü | Mercimek çorbası |
| 21.10.2026 | 19:53 | **148** | — | 6ü | Mantı |
| 21.10.2026 | 21:01 | **122** | 18ü | — | |
| 22.10.2026 | 07:36 | **120** | — | — | |
| 22.10.2026 | 09:12 | **170** | — | 4ü | Simit, peynir |
| 22.10.2026 | 13:52 | **175** | — | 4ü | Zeytinyağlı fasulye |
| 22.10.2026 | 19:51 | **177** | — | 5ü | Sebze çorbası, ekmek |
| 22.10.2026 | 21:07 | **142** | 18ü | — | |
| 23.10.2026 | 07:21 | **112** | — | — | |
| 23.10.2026 | 13:33 | **143** | — | 6ü | Mercimek çorbası |
| 23.10.2026 | 19:37 | **155** | — | 4ü | Tavuk sote, bulgur |
| 23.10.2026 | 21:14 | **144** | 18ü | — | |

| Tarih | Saat | BG (mg/dL) | Lantus | Apidra | Not |
|---|---|---|---|---|---|
| 24.10.2026 | 07:20 | **105** | — | — | |
| 24.10.2026 | 13:45 | **154** | — | 6ü | Mercimek çorbası |
| 24.10.2026 | 19:31 | **168** | — | 4ü | Karnıyarık |
| 24.10.2026 | 21:08 | **144** | 18ü | — | |
| 25.10.2026 | 07:25 | **111** | — | — | |
| 25.10.2026 | 19:47 | **172** | — | 5ü | Tavuk sote, bulgur |
| 25.10.2026 | 21:15 | **122** | 18ü | — | |
| 26.10.2026 | 07:24 | **126** | — | — | |
| 26.10.2026 | 09:16 | **146** | — | 4ü | Simit, peynir |
| 26.10.2026 | 13:39 | **161** | — | 6ü | Mercimek çorbası |
| 26.10.2026 | 19:48 | **181** | — | 6ü | Sebze çorbası, ekmek |
| 26.10.2026 | 21:06 | **134** | 18ü | — | |
| 27.10.2026 | 07:49 | **109** | — | — | |
| 27.10.2026 | 13:54 | **200** | — | 5ü | Izgara köfte, cacık |
| 27.10.2026 | 19:37 | **167** | — | 5ü | Tavuk sote, bulgur |
| 27.10.2026 | 21:06 | **140** | 18ü | — | |
| 28.10.2026 | 07:38 | **115** | — | — | |
| 28.10.2026 | 13:46 | **151** | — | 4ü | Zeytinyağlı fasulye |
| 28.10.2026 | 19:32 | **171** | — | 4ü | Tavuk sote, bulgur |
| 28.10.2026 | 21:06 | **144** | 18ü | — | |
| 29.10.2026 | 07:46 | **117** | — | — | |
| 29.10.2026 | 13:55 | **151** | — | 4ü | Nohut, bulgur pilavı |
| 29.10.2026 | 19:59 | **142** | — | 4ü | Sebze çorbası, ekmek |
| 29.10.2026 | 21:11 | **141** | 18ü | — | |
| 30.10.2026 | 07:31 | **119** | — | — | |
| 30.10.2026 | 09:22 | **150** | — | 4ü | Haşlanmış yumurta, domates |
| 30.10.2026 | 13:53 | **150** | — | 6ü | Izgara köfte, cacık |
| 30.10.2026 | 19:36 | **157** | — | 5ü | Mantı |
| 30.10.2026 | 21:04 | **141** | 18ü | — | |
| 31.10.2026 | 07:34 | **116** | — | — | |
| 31.10.2026 | 13:43 | **141** | — | 6ü | Kuru fasulye, pilav |
| 31.10.2026 | 19:33 | **175** | — | 5ü | Tavuk sote, bulgur |
| 31.10.2026 | 21:14 | **122** | 18ü | — | |

## Tansiyon

| 124 | 80 | 70 | 11 |
|---|---|---|---|
| Ort. Sistolik | Ort. Diastolik | Ort. Nabız | Ölçüm |

| Tarih | Saat | Tansiyon | Nabız | Durum | Not |
|---|---|---|---|---|---|
| 01.10.2026 | 08:08 | **119/82 mmHg** | 66 bpm | Evre 1 | |
| 04.10.2026 | 08:01 | **118/77 mmHg** | 68 bpm | Normal | |
| 07.10.2026 | 08:19 | **124/82 mmHg** | 70 bpm | Evre 1 | |
| 10.10.2026 | 08:07 | **130/80 mmHg** | 72 bpm | Evre 1 | |
| 13.10.2026 | 08:08 | **118/83 mmHg** | 66 bpm | Evre 1 | |
| 16.10.2026 | 08:05 | **125/79 mmHg** | 67 bpm | Yüksek Normal | |
| 19.10.2026 | 08:03 | **132/76 mmHg** | 69 bpm | Evre 1 | |
| 22.10.2026 | 08:04 | **119/79 mmHg** | 71 bpm | Normal | |
| 25.10.2026 | 08:07 | **125/84 mmHg** | 73 bpm | Evre 1 | |
| 28.10.2026 | 08:08 | **127/75 mmHg** | 75 bpm | Yüksek Normal | |
| 31.10.2026 | 08:10 | **123/80 mmHg** | 73 bpm | Evre 1 | |

## Kilo Takibi

| 82.5 kg | 81.3 kg | -1.2 kg | 5 |
|---|---|---|---|
| Dönem Başı | Son Ölçüm | Değişim | Ölçüm |

| Tarih | Saat | Kilo | Not |
|---|---|---|---|
| 03.10.2026 | 07:14 | **82.5 kg** | |
| 10.10.2026 | 07:05 | **82.1 kg** | |
| 17.10.2026 | 07:06 | **81.9 kg** | |
| 24.10.2026 | 07:09 | **81.7 kg** | |
| 31.10.2026 | 07:07 | **81.3 kg** | |

## İlaç Kullanımı

| Tarih | Saat | İlaç | Doz | Adet | Not |
|---|---|---|---|---|---|
| 01.10.2026 | 08:44 | **Metformin** | 1000 mg | 1 adet | |
| 01.10.2026 | 09:11 | **D Vitamini** | 1 damla | 1 adet | |
| 01.10.2026 | 20:47 | **Metformin** | 1000 mg | 1 adet | |
| 02.10.2026 | 08:55 | **Metformin** | 1000 mg | 1 adet | |
| 02.10.2026 | 09:06 | **D Vitamini** | 1 damla | 1 adet | |
| 02.10.2026 | 20:50 | **Metformin** | 1000 mg | 1 adet | |

| Tarih | Saat | İlaç | Doz | Adet | Not |
|---|---|---|---|---|---|
| 03.10.2026 | 08:44 | **Metformin** | 1000 mg | 1 adet | |
| 03.10.2026 | 09:09 | **D Vitamini** | 1 damla | 1 adet | |
| 03.10.2026 | 20:39 | **Metformin** | 1000 mg | 1 adet | |
| 04.10.2026 | 08:40 | **Metformin** | 1000 mg | 1 adet | |
| 04.10.2026 | 09:05 | **D Vitamini** | 1 damla | 1 adet | |
| 04.10.2026 | 20:42 | **Metformin** | 1000 mg | 1 adet | |
| 05.10.2026 | 08:49 | **Metformin** | 1000 mg | 1 adet | |
| 05.10.2026 | 09:17 | **D Vitamini** | 1 damla | 1 adet | |
| 05.10.2026 | 20:40 | **Metformin** | 1000 mg | 1 adet | |
| 06.10.2026 | 08:41 | **Metformin** | 1000 mg | 1 adet | |
| 06.10.2026 | 09:18 | **D Vitamini** | 1 damla | 1 adet | |
| 06.10.2026 | 20:55 | **Metformin** | 1000 mg | 1 adet | |
| 07.10.2026 | 08:42 | **Metformin** | 1000 mg | 1 adet | |
| 07.10.2026 | 09:11 | **D Vitamini** | 1 damla | 1 adet | |
| 07.10.2026 | 20:34 | **Metformin** | 1000 mg | 1 adet | |
| 08.10.2026 | 08:46 | **Metformin** | 1000 mg | 1 adet | |
| 08.10.2026 | 09:11 | **D Vitamini** | 1 damla | 1 adet | |
| 08.10.2026 | 20:55 | **Metformin** | 1000 mg | 1 adet | |
| 09.10.2026 | 08:45 | **Metformin** | 1000 mg | 1 adet | |
| 09.10.2026 | 09:11 | **D Vitamini** | 1 damla | 1 adet | |
| 09.10.2026 | 20:51 | **Metformin** | 1000 mg | 1 adet | |
| 10.10.2026 | 08:38 | **Metformin** | 1000 mg | 1 adet | |
| 10.10.2026 | 09:05 | **D Vitamini** | 1 damla | 1 adet | |
| 10.10.2026 | 20:36 | **Metformin** | 1000 mg | 1 adet | |
| 11.10.2026 | 08:33 | **Metformin** | 1000 mg | 1 adet | |
| 11.10.2026 | 20:45 | **Metformin** | 1000 mg | 1 adet | |
| 12.10.2026 | 08:47 | **Metformin** | 1000 mg | 1 adet | |
| 12.10.2026 | 09:01 | **D Vitamini** | 1 damla | 1 adet | |
| 12.10.2026 | 20:47 | **Metformin** | 1000 mg | 1 adet | |
| 13.10.2026 | 08:55 | **Metformin** | 1000 mg | 1 adet | |
| 13.10.2026 | 09:14 | **D Vitamini** | 1 damla | 1 adet | |
| 13.10.2026 | 20:32 | **Metformin** | 1000 mg | 1 adet | |
| 14.10.2026 | 08:36 | **Metformin** | 1000 mg | 1 adet | |
| 14.10.2026 | 09:17 | **D Vitamini** | 1 damla | 1 adet | |
| 14.10.2026 | 20:45 | **Metformin** | 1000 mg | 1 adet | |
| 15.10.2026 | 08:54 | **Metformin** | 1000 mg | 1 adet | |

| Tarih | Saat | İlaç | Doz | Adet | Not |
|---|---|---|---|---|---|
| 15.10.2026 | 09:05 | **D Vitamini** | 1 damla | 1 adet | |
| 15.10.2026 | 20:47 | **Metformin** | 1000 mg | 1 adet | |
| 16.10.2026 | 08:35 | **Metformin** | 1000 mg | 1 adet | |
| 16.10.2026 | 09:15 | **D Vitamini** | 1 damla | 1 adet | |
| 16.10.2026 | 20:36 | **Metformin** | 1000 mg | 1 adet | |
| 17.10.2026 | 08:53 | **Metformin** | 1000 mg | 1 adet | |
| 17.10.2026 | 09:18 | **D Vitamini** | 1 damla | 1 adet | |
| 17.10.2026 | 20:39 | **Metformin** | 1000 mg | 1 adet | |
| 18.10.2026 | 08:55 | **Metformin** | 1000 mg | 1 adet | |
| 18.10.2026 | 09:01 | **D Vitamini** | 1 damla | 1 adet | |
| 18.10.2026 | 20:53 | **Metformin** | 1000 mg | 1 adet | |
| 19.10.2026 | 08:52 | **Metformin** | 1000 mg | 1 adet | |
| 19.10.2026 | 09:16 | **D Vitamini** | 1 damla | 1 adet | |
| 19.10.2026 | 20:52 | **Metformin** | 1000 mg | 1 adet | |
| 20.10.2026 | 08:40 | **Metformin** | 1000 mg | 1 adet | |
| 20.10.2026 | 09:00 | **D Vitamini** | 1 damla | 1 adet | |
| 21.10.2026 | 08:51 | **Metformin** | 1000 mg | 1 adet | |
| 21.10.2026 | 09:11 | **D Vitamini** | 1 damla | 1 adet | |
| 21.10.2026 | 20:52 | **Metformin** | 1000 mg | 1 adet | |
| 22.10.2026 | 08:37 | **Metformin** | 1000 mg | 1 adet | |
| 22.10.2026 | 09:16 | **D Vitamini** | 1 damla | 1 adet | |
| 22.10.2026 | 20:52 | **Metformin** | 1000 mg | 1 adet | |
| 23.10.2026 | 08:32 | **Metformin** | 1000 mg | 1 adet | |
| 23.10.2026 | 09:13 | **D Vitamini** | 1 damla | 1 adet | |
| 23.10.2026 | 20:50 | **Metformin** | 1000 mg | 1 adet | |
| 24.10.2026 | 08:53 | **Metformin** | 1000 mg | 1 adet | |
| 24.10.2026 | 09:14 | **D Vitamini** | 1 damla | 1 adet | |
| 24.10.2026 | 20:53 | **Metformin** | 1000 mg | 1 adet | |
| 25.10.2026 | 08:38 | **Metformin** | 1000 mg | 1 adet | |
| 25.10.2026 | 09:17 | **D Vitamini** | 1 damla | 1 adet | |
| 25.10.2026 | 20:48 | **Metformin** | 1000 mg | 1 adet | |
| 26.10.2026 | 08:35 | **Metformin** | 1000 mg | 1 adet | |
| 26.10.2026 | 09:05 | **D Vitamini** | 1 damla | 1 adet | |
| 26.10.2026 | 20:51 | **Metformin** | 1000 mg | 1 adet | |
| 27.10.2026 | 08:55 | **Metformin** | 1000 mg | 1 adet | |
| 27.10.2026 | 09:07 | **D Vitamini** | 1 damla | 1 adet | |

| Tarih | Saat | İlaç | Doz | Adet | Not |
|---|---|---|---|---|---|
| 27.10.2026 | 20:44 | **Metformin** | 1000 mg | 1 adet | |
| 28.10.2026 | 08:33 | **Metformin** | 1000 mg | 1 adet | |
| 28.10.2026 | 09:11 | **D Vitamini** | 1 damla | 1 adet | |
| 28.10.2026 | 20:43 | **Metformin** | 1000 mg | 1 adet | |
| 29.10.2026 | 08:51 | **Metformin** | 1000 mg | 1 adet | |
| 29.10.2026 | 20:40 | **Metformin** | 1000 mg | 1 adet | |
| 30.10.2026 | 08:46 | **Metformin** | 1000 mg | 1 adet | |
| 30.10.2026 | 09:12 | **D Vitamini** | 1 damla | 1 adet | |
| 30.10.2026 | 20:34 | **Metformin** | 1000 mg | 1 adet | |
| 31.10.2026 | 08:46 | **Metformin** | 1000 mg | 1 adet | |
| 31.10.2026 | 09:00 | **D Vitamini** | 1 damla | 1 adet | |
| 31.10.2026 | 20:38 | **Metformin** | 1000 mg | 1 adet | |