



BENATURAL
FERTILITY WELLNESS

Couple's Fertility Awareness

Basic Information

	Wife	Husband
Name	Linda Loh	Michael Lion
Age	41	38
Address	Blk 515 Hougang Ave 10 #03-177 S(530515)	
Mobile No.	92967966	90400438
Email	fenll@hotmail.com	
Race / Religion	Chinese	Chinese/Buddhist
Nationality	Singaporean	Singaporean
Occupation	Property Manager	Engineering
Number of hours worked / day	9 hours a day / 5 days a wk	8 hrs a day / 5 days a wk
Relaxation Time hours / day	3-4 hrs a day	3-4 hrs a day
We have been married for	3 years 11 months	
We have been trying for	2 years 6 months	
How often do you have sexual intercourse per week?	2 times	

Date of Assessment: 30 June 2017, Friday, 7:00PM
Married: 3 yrs. 11 months
Trying to get pregnant: 2 yrs. 6 months

Wife: Linda

Age: 41 Wt. 49 kg **BMI: 12**
Nationality: Singaporean
Occupation: **Property Manager**

Medical History:

1. Had Insomnia
2. Moderate pain during menses
3. pap smear 2 years ago
4. Have Uterine Fibroids did u/s 2-1/2 years ago
5. Never done Hormone Blood test

Lifestyle history:

1. Working: 9 hours/day
2. exercise: 2x/week
3. taking Chinese medicine
4. not taking supplements
5. drink 1 cup coffee

RECOMMENDATIONS:

Husband: Michael

Age: 38+ Wt. 73 kg **BMI: 26**
Occupation: Engineer

Medical History:

1. Previous heart surgery on medication
2. Had High Blood pressure medication
3. Never done semen analysis before

Lifestyle history:

1. Exercise: 2x/week
2. Quit smoking: 4 years ago
3. Quit drinking: 4 years ago
4. taking Chinese medicine
5. not taking supplements
6. drink 1 cup coffee

RECOMMENDATIONS: