

CycleCare

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Patient & Cycle Information

Name: kalyani jha

Age: 17

Cycle Length (days): 30

Period Days: 4

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AI-Assisted Summary & Suggestions

Okay, here's a summary based on the information provided: SUMMARY: The patient is a 17-year-old experiencing cramps during a 4-day period, with a regular 30-day cycle. WHAT_TO_DO: * Try over-the-counter pain relievers (like ibuprofen or naproxen) as directed for cramp relief. * Apply a heating pad or take a warm bath to relax muscles and ease discomfort. * Engage in gentle exercise like walking or stretching, which can sometimes reduce cramping. WHAT_TO_AVOID: * Avoid excessive caffeine or alcohol intake, as these can sometimes worsen cramps. * Avoid smoking. DIET_SUGGESTIONS: * Eat a balanced diet rich in fruits, vegetables, and whole grains. * Consider incorporating foods rich in omega-3 fatty acids (like fish or flaxseeds) which may have anti-inflammatory effects. * Stay hydrated by drinking plenty of water. FOLLOW_UP: * If the cramps are severe, unresponsive to over-the-counter treatments, or interfere with daily activities, consult with a healthcare provider for further evaluation and management. * If there are any changes to the period (irregularity, very heavy bleeding, pain outside of period) consult with a healthcare provider.

Disclaimer: This report is AI-assisted and informational only. It is not a diagnosis. Please consult a qualified health professional for clinical interpretation and treatment.