

CycleCare

Generated: 2025-10-03 20:11:03

Patient & Cycle Information

Name: Vishma Pasayat

Age: 22

Cycle Length (days): 28

Period Days: 5

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AI-Assisted Summary & Suggestions

Here's a summary based on the information provided: SUMMARY: The patient reports heavy periods, fatigue, dizziness, painful cramps, and unusual dark spots in menstrual blood. Blood test results show a high PCV and low platelets. WHAT_TO_DO: * Consult with a healthcare provider as soon as possible to discuss the symptoms, blood test results, and potential causes. * Keep a detailed record of menstrual cycles, including the dates, flow intensity, and any accompanying symptoms. * Discuss concerns about heavy bleeding, fatigue, and dizziness with the healthcare provider. * Discuss any over-the-counter pain relief options.

WHAT_TO_AVOID: * Avoid self-treating or ignoring the symptoms. * Avoid activities that exacerbate dizziness or fatigue without consulting a healthcare provider. * Avoid taking excessive amounts of pain medication without medical advice. DIET_SUGGESTIONS: * Maintain a balanced diet with iron-rich foods such as lean meats, beans, and leafy green vegetables. * Stay hydrated by drinking plenty of water. * Include foods rich in vitamin C to enhance iron absorption.

* If heavy bleeding is a concern, discuss potential dietary adjustments with the healthcare provider or a registered dietitian. FOLLOW_UP: * Schedule an appointment with a healthcare provider to discuss the blood test results and symptoms. * Undergo any additional tests or evaluations recommended by the healthcare provider. * Follow the treatment plan recommended by the 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.