

# 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.*