

CycleCare

Generated: 2025-09-27 12:42:16

Patient & Cycle Information

Name: Vishma Pasayat

Age: 22

Cycle Length (days): 32

Period Days: 4

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AI-Assisted Summary & Suggestions

Here's a summary based on the information provided:

SUMMARY: The patient is a 22-year-old experiencing heavy periods, fatigue, dizziness, painful cramps, and unusual dark spots in menstrual blood. Hemoglobin is within normal range, however Packed Cell Volume (PCV) and Platelet Count is abnormal.

WHAT_TO_DO:

- * Consult a healthcare professional to discuss heavy periods, dark spots in menstrual blood, high Packed Cell Volume (PCV) and low Platelet Count.
- * Discuss potential causes of these symptoms, such as hormonal imbalances, structural abnormalities, or other underlying conditions.
- * Consider tracking menstrual cycles and symptoms in detail to provide more information to the healthcare provider.

WHAT_TO_AVOID:

- * Avoid self-treating with over-the-counter medications without consulting a healthcare professional, especially for heavy bleeding.
- * Avoid strenuous activities that exacerbate fatigue or dizziness.

DIET_SUGGESTIONS:

- * Maintain a balanced diet rich in iron and vitamins to support blood health.
- * Stay hydrated by drinking plenty of water throughout the day.

FOLLOW_UP:

- * Schedule a follow-up appointment with a healthcare provider to discuss lab results and develop a comprehensive management plan.
- * Monitor symptoms and report any significant changes to the healthcare provider promptly.

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.