

# CycleCare

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## 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 of your situation and some general advice: SUMMARY: You're experiencing fatigue, dizziness, heavy flow, painful cramps, and dark spots in your menstrual blood.

Your recent blood test shows a slightly elevated PCV and low platelet count; further clinical correlation is needed.

WHAT\_TO\_DO: \* Consult with a healthcare provider (GP or gynecologist) to discuss your symptoms and blood test results, particularly the unusual dark spots, elevated PCV, and low platelet count.

\* Keep a detailed period diary noting flow heaviness, pain levels, and any unusual symptoms (like the dark spots) to share with your doctor.

\* Discuss potential causes for your heavy periods and cramps with your doctor, such as hormonal imbalances or other underlying conditions.

\* Consult with a doctor about your elevated PCV to ensure it does not lead to further complications.

\* Consult with a doctor about your low platelet count.

WHAT\_TO\_AVOID: \* Self-treating with over-the-counter medications (especially for heavy bleeding) without consulting your doctor.

\* Ignoring your symptoms or assuming they are "normal" without seeking medical advice.

DIET\_SUGGESTIONS: \* Focus on iron-rich foods (lean meats, beans, leafy greens) to help combat fatigue, especially given the heavy periods.

\* Stay hydrated by drinking plenty of water.

\* Consider incorporating foods rich in Vitamin K, which is important for blood clotting.

FOLLOW\_UP: \* Schedule an appointment with your healthcare provider as soon as possible to discuss your symptoms and blood test results.

\* Follow your doctor's recommendations for further testing or treatment.

\* Keep monitoring your symptoms and note any changes to discuss at your follow-up appointment.

*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.*