

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 based on the information provided:

SUMMARY: You're a 22-year-old experiencing fatigue, dizziness, heavy flow, and painful cramps during your period. You've also noticed dark spots in your menstrual blood. Your PCV is elevated and Platelet count is low.

WHAT_TO_DO:

- * Consult with a healthcare professional about your symptoms, especially the heavy flow, dark spots, and lab results.
- * Discuss potential causes for your symptoms and abnormal lab values (high PCV, low Platelet count)
- * Ask about options for managing heavy periods and painful cramps.
- * Keep a detailed record of your periods, including flow intensity, pain levels, and any unusual symptoms.

WHAT_TO_AVOID:

- * Avoid self-treating with unproven remedies without consulting a doctor.
- * Avoid prolonged periods of standing or activities that worsen dizziness without support.

DIET_SUGGESTIONS:

- * Focus on iron-rich foods to help compensate for blood loss during menstruation, such as lean meats, beans, and leafy green vegetables.
- * Stay hydrated by drinking plenty of water.
- * Consider incorporating foods rich in vitamin C to enhance iron absorption.

FOLLOW_UP:

- * Schedule an appointment with a doctor or gynecologist to discuss your symptoms and lab results.
- * Consider tracking your symptoms.
- * Follow up with your doctor for any further testing or treatment as recommended.

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.