

# CycleCare

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## Patient & Cycle Information

Name: kalyani jha

Age: 17

Cycle Length (days): 28

Period Days: 4

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## AI-Assisted Summary & Suggestions

Okay, here's a summary based on the information provided: SUMMARY: 17-year-old experiencing menstrual cramps with a regular 28-day cycle and 4-day period duration. WHAT\_TO\_DO: \* Consider over-the-counter pain relievers like ibuprofen or naproxen, following package instructions. \* Apply heat to the lower abdomen or back using a heating pad or hot water bottle. \* Engage in light exercise, such as walking or yoga, which may help alleviate cramps. \* Stay hydrated by drinking plenty of water. \* Get adequate rest. WHAT\_TO\_AVOID: \* Smoking. \* Excessive caffeine and alcohol consumption. \* Foods high in processed sugars, salt and trans fats (may exacerbate bloating and discomfort). DIET\_SUGGESTIONS: \* Consume foods rich in omega-3 fatty acids, such as salmon or flaxseeds. \* Increase intake of magnesium-rich foods like leafy green vegetables, nuts, and seeds. \* Eat iron-rich foods such as lean meat, beans, and fortified cereals. \* Incorporate fruits and vegetables for essential vitamins and minerals. FOLLOW\_UP: \* If cramps are severe, do not respond to over-the-counter treatments, or interfere with daily activities, consult a healthcare provider to rule out underlying conditions. \* Keep track of your symptoms and menstrual cycle to identify any patterns or changes.

*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.*