

CycleCare

Generated: 2025-09-27 13:15:57

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: You're a 22-year-old experiencing fatigue, dizziness, heavy flow, painful cramps, and unusual dark spots in your menstrual blood during your period. Your blood test shows a high Packed Cell Volume (PCV) and a low Platelet Count. WHAT_TO_DO:

* Consult with a healthcare provider or gynecologist to discuss your symptoms, the unusual dark spots in your menstrual blood, and to get a proper diagnosis.

* Discuss your blood test results with your doctor, especially the high PCV and low platelet count, to determine if further investigation is needed.

* Keep a detailed record of your periods, including flow intensity, pain levels, and any unusual symptoms.

* Manage period pain with over-the-counter pain relievers (as directed by a doctor or pharmacist) and/or a heating pad.

WHAT_TO_AVOID:

* Avoid self-treating with supplements or medications without consulting a healthcare professional.

* Avoid prolonged periods of standing if dizziness is a frequent symptom.

* Avoid iron supplements unless recommended by your doctor based on blood tests after consultation

DIET_SUGGESTIONS:

* Eat iron-rich foods to help replace iron lost during menstruation (if appropriate based on further blood tests after consultation with doctor).

* Stay hydrated by drinking plenty of water.

* Consume a balanced diet with fruits, vegetables, and whole grains.

FOLLOW_UP:

Schedule an appointment with your doctor or a gynecologist as soon as possible to discuss your symptoms and blood test results. Be prepared to provide a detailed medical history and menstrual cycle information. It may be beneficial to repeat the blood test as advised by your 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.