

CycleCare

Generated: 2025-09-28 22:51:35

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 are experiencing fatigue, dizziness, heavy menstrual flow, painful cramps, and dark spots in your menstrual blood. Your PCV is high, platelet count is low, and some lab values are missing or unreadable.

WHAT_TO_DO: Consult with a healthcare professional (e.g., a gynecologist or primary care physician) to discuss your symptoms and lab results. Given the low platelet count and high PCV, a thorough evaluation is crucial. Consider tracking your menstrual cycles and symptoms (intensity of bleeding, pain levels) in a diary or app to provide more data to your doctor.

WHAT_TO_AVOID: Avoid self-treating with over-the-counter medications for heavy bleeding or pain without consulting a doctor, as they may mask underlying issues or interact with other conditions.

DIET_SUGGESTIONS: Focus on a balanced diet rich in iron-rich foods (lean meats, beans, leafy greens) to help compensate for blood loss during menstruation. Stay hydrated by drinking plenty of water.

FOLLOW_UP: Schedule an appointment with your doctor as soon as possible to review your symptoms, lab results, and discuss potential causes and treatment options.

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.