

CycleCare

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Patient & Cycle Information

Name: kalyani jha

Age: 17

Cycle Length (days): 34

Period Days: 6

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AI-Assisted Summary & Suggestions

Okay, here's a summary based on the provided information:

SUMMARY: You are a 17-year-old experiencing menstrual cramps with a cycle length of 34 days and a period duration of 6 days.

WHAT_TO_DO:

- * Consider over-the-counter pain relievers like ibuprofen or naproxen, following package instructions.
- * Apply a heating pad or take a warm bath to help relax muscles and reduce cramps.
- * Gentle exercise like walking or stretching can sometimes alleviate cramping.
- * Stay hydrated by drinking plenty of water.

WHAT_TO_AVOID:

- * Processed foods, caffeine, alcohol and sugary drinks, which can potentially worsen cramping.
- * Smoking, which can exacerbate pain.

DIET_SUGGESTIONS:

- * Focus on a balanced diet rich in fruits, vegetables, and whole grains.
- * Consider foods rich in omega-3 fatty acids (like salmon or flaxseeds) or magnesium (like leafy greens or nuts).
- * Ensure adequate iron intake through iron-rich foods (like lean meats, beans, and fortified cereals).

FOLLOW_UP:

- * If cramps are severe, debilitating, or interfere with daily activities, consult with a healthcare provider.
- * If symptoms worsen or change, seek medical advice.
- * Schedule regular check-ups with your healthcare provider for ongoing women's health needs.

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.