

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.