

CycleCare

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Patient & Cycle Information

Name: kalyani jha

Age: 17

Cycle Length (days): 30

Period Days: 4

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AI-Assisted Summary & Suggestions

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

SUMMARY: The patient is a 17-year-old experiencing cramps during a 4-day period, with a regular 30-day cycle.

WHAT_TO_DO:

- * Try over-the-counter pain relievers (like ibuprofen or naproxen) as directed for cramp relief.
- * Apply a heating pad or take a warm bath to relax muscles and ease discomfort.
- * Engage in gentle exercise like walking or stretching, which can sometimes reduce cramping.

WHAT_TO_AVOID:

- * Avoid excessive caffeine or alcohol intake, as these can sometimes worsen cramps.
- * Avoid smoking.

DIET_SUGGESTIONS:

- * Eat a balanced diet rich in fruits, vegetables, and whole grains.
- * Consider incorporating foods rich in omega-3 fatty acids (like fish or flaxseeds) which may have anti-inflammatory effects.
- * Stay hydrated by drinking plenty of water.

FOLLOW_UP:

- * If the cramps are severe, unresponsive to over-the-counter treatments, or interfere with daily activities, consult with a healthcare provider for further evaluation and management.
- * If there are any changes to the period (irregularity, very heavy bleeding, pain outside of period) consult with a 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.