

# CycleCare

Generated: 2025-10-02 10:00:27

## Patient & Cycle Information

Name: Vishma Pasayat

Age: 22

Cycle Length (days): 28

Period Days: 5

Report Generated: 2025-10-02 10:00:27

## 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 recent blood test shows that PCV and platelet count are outside the normal range.

**WHAT\_TO\_DO:**

- \* Consult with a healthcare provider (gynecologist or primary care physician) to discuss your symptoms, the unusual dark spots in your menstrual blood, and your lab results (specifically the elevated PCV and low platelet count).
- \* Keep a detailed period diary noting the dates, flow heaviness, pain levels, and any unusual symptoms. This will be helpful for your doctor.
- \* Manage pain with over-the-counter pain relievers (like ibuprofen or naproxen), as directed, until you can consult with your doctor.
- \* Consider iron supplements (ONLY after consulting your doctor, as high PCV values could mean an increased risk of blood clots).

**WHAT\_TO\_AVOID:**

- \* Avoid self-treating without consulting a healthcare professional.
- \* Avoid excessive physical exertion during periods of heavy flow and dizziness.

**DIET\_SUGGESTIONS:**

- \* Eat iron-rich foods such as lean meats, poultry, fish, beans, and leafy green vegetables.
- \* Consume foods rich in Vitamin C to enhance iron absorption.
- \* Stay well-hydrated by drinking plenty of water.

**FOLLOW\_UP:**

- \* Schedule an appointment with your healthcare provider as soon as possible to discuss your symptoms and lab results.
- \* Follow your doctor's recommendations for further testing or treatment.

*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.*