

# CycleCare

Generated: 2025-10-03 21:37:51

## Patient & Cycle Information

Name: kalyani jha

Age: 17

Cycle Length (days): 34

Period Days: 6

Report Generated: 2025-10-03 21:37:51

## 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.*