

CycleCare

Generated: 2025-10-02 18:11:15

Patient & Cycle Information

Name: Vishma Pasayat

Age: 22

Cycle Length (days): 28

Period Days: 5

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AI-Assisted Summary & Suggestions

SUMMARY: You are experiencing heavy periods with fatigue, dizziness, cramps, and dark spots in your menstrual blood. Your blood test results show a high PCV (Packed Cell Volume) and low Platelet Count.

WHAT_TO_DO: * Consult with a healthcare provider or gynecologist as soon as possible to discuss your symptoms, menstrual changes (dark spots), and blood test results. * Specifically discuss the high PCV and low platelet count as they require clinical evaluation. * Track your period symptoms (intensity of flow, pain levels, fatigue) and any other relevant symptoms to share with your doctor. * Consider an iron supplement if your doctor recommends it, given your symptoms of fatigue and heavy flow. **WHAT_TO_AVOID:** * Avoid self-treating with medications or supplements without consulting your doctor. * Avoid strenuous activities that worsen your fatigue or dizziness. **DIET_SUGGESTIONS:** * Eat iron-rich foods such as lean meats, poultry, fish, beans, and leafy green vegetables. * Include vitamin C-rich foods (citrus fruits, berries) to enhance iron absorption. * Stay hydrated by drinking plenty of water. **FOLLOW_UP:** * Schedule an appointment with your healthcare provider to discuss your symptoms and blood test results. * Follow up with any recommended tests or treatments. * Monitor your symptoms and report any changes to your doctor.

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.