

# CycleCare

Generated: 2025-10-03 20:08:31

## Patient & Cycle Information

Name: Vishma Pasayat

Age: 22

Cycle Length (days): 28

Period Days: 5

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## AI-Assisted Summary & Suggestions

Here's a summary based on the information provided:

**SUMMARY:** The patient reports heavy periods, fatigue, dizziness, painful cramps, and unusual dark spots in menstrual blood. Blood test results show a high PCV value and low platelet count, while other values are within normal range.

**WHAT\_TO\_DO:**

- \* Consult a healthcare provider to discuss heavy periods (menorrhagia), painful cramps (dysmenorrhea), unusual blood clots, and blood test results.
- \* Specifically, discuss the high PCV and low platelet count with your doctor as they may indicate an underlying issue requiring further investigation.
- \* Track period symptoms (flow, pain, fatigue, dizziness) to provide detailed information to the doctor.

**WHAT\_TO\_AVOID:**

- \* Avoid self-treating with unverified remedies.
- \* Avoid prolonged periods without seeking medical advice regarding heavy bleeding.

**DIET\_SUGGESTIONS:**

- \* Consume iron-rich foods (e.g., spinach, lentils, red meat) to help replenish iron stores, especially due to heavy periods.
- \* Stay hydrated by drinking plenty of water.

**FOLLOW\_UP:** Schedule an appointment with a healthcare provider as soon as possible to discuss symptoms and blood test results, and to determine the best course of action.

*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.*