

CycleCare

Generated: 2025-10-03 12:29:00

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: You're a 22-year-old experiencing fatigue, dizziness, heavy flow, painful cramps, and unusual dark spots in your menstrual blood during your period. Your hemoglobin is within normal range. Your PCV is high. Your platelet count is slightly low.

WHAT_TO_DO: * Consult a healthcare provider to discuss your symptoms, including heavy bleeding, dark spots in menstrual blood, dizziness and fatigue. Mention the blood test results and PCV and Platelet abnormalities. * Consider tracking your periods with a period tracking app, noting the heaviness of flow, any unusual symptoms, and pain levels. This information will be helpful for your doctor. * For cramps, try over-the-counter pain relievers (like ibuprofen or naproxen), heating pads, or gentle exercises. * Ensure you are getting enough rest, especially during your period.

WHAT_TO_AVOID: * Avoid excessive caffeine or alcohol, as these can sometimes worsen period symptoms. * Avoid strenuous activities if you feel dizzy or weak.

DIET_SUGGESTIONS: * Focus on iron-rich foods such as lean meats, poultry, fish, beans, and leafy green vegetables. * Stay hydrated by drinking plenty of water. * Include foods rich in vitamin C to enhance iron absorption.

FOLLOW_UP: Schedule an appointment with a healthcare professional (GP or gynecologist) as soon as possible to discuss your symptoms and blood test results. The unusual dark spots and possible PCV and platelet issues need investigation.

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.