

CycleCare

Generated: 2025-10-03 19:06:03

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 provided information:

SUMMARY: You're a 22-year-old experiencing fatigue, dizziness, heavy flow, painful cramps, and unusual dark spots in your menstrual blood during your periods. Your PCV is elevated. Your platelet count is at the very low end of normal.

WHAT_TO_DO:

- * Consult with a healthcare provider to discuss your symptoms, especially the heavy flow, dark spots, elevated PCV, and low platelet count. These symptoms, in conjunction with the lab results, need clinical evaluation to rule out underlying issues and determine appropriate management.
- * Track your period symptoms (intensity of flow, pain levels, presence of clots or dark spots) to share with your doctor.
- * Consider iron supplementation if recommended by your doctor after further evaluation.
- * Manage cramps with over-the-counter pain relievers (like ibuprofen or naproxen), as directed by your doctor or as indicated on packaging.

WHAT_TO_AVOID:

- * Avoid self-treating with high doses of iron without consulting a doctor.
- * Avoid strenuous activities if you are feeling dizzy or weak.

DIET_SUGGESTIONS:

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

FOLLOW_UP:

- * Schedule an appointment with your gynecologist or primary care physician as soon as possible to discuss your symptoms and blood test results.
- * Follow up with your doctor for any recommended blood tests or other investigations.

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.