

# CycleCare

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## 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 experiencing fatigue, dizziness, heavy flow, painful cramps, and dark spots in your menstrual blood. Your PCV is elevated and Platelet Count is low, while all other blood markers are within normal ranges.

**WHAT\_TO\_DO:**

- \* Consult with a healthcare professional (GP or gynecologist) regarding your symptoms and blood test results, particularly the elevated PCV and low Platelet Count.
- \* Keep a detailed period diary noting flow intensity, pain levels, and any unusual symptoms like dark spots.
- \* Discuss potential causes of heavy periods and dark spots (e.g., hormonal imbalances, fibroids, etc.) with your doctor.

**WHAT\_TO\_AVOID:**

- \* Self-treating with over-the-counter medications for prolonged periods without consulting a doctor.
- \* Ignoring symptoms, especially if they worsen or interfere significantly with daily life.

**DIET\_SUGGESTIONS:**

- \* Consume iron-rich foods (lean meat, beans, leafy greens) to help replenish iron levels, especially with heavy periods.
- \* Stay well-hydrated by drinking plenty of water.

**FOLLOW\_UP:**

- \* Schedule an appointment with your doctor to discuss your concerns and lab results.
- \* Follow your doctor's recommendations for further evaluation or treatment.

*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.*