

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 are experiencing fatigue, dizziness, heavy flow, painful cramps, and dark spots in your menstrual blood during your period. Your PCV is elevated and your platelet count is low.

WHAT_TO_DO: * Consult a healthcare professional (GP or gynecologist) to discuss your symptoms and blood test results, especially the elevated PCV and low platelet count. Mention the dark spots in your menstrual blood.

* Keep a detailed period diary noting the dates, flow intensity (light, moderate, heavy), any unusual blood appearance (clots, dark spots), and the severity of your symptoms (pain, fatigue, dizziness).

* Consider tracking your energy levels throughout the day in relation to your menstrual cycle.

WHAT_TO_AVOID: * Avoid self-treating with over-the-counter medications for heavy bleeding or pain without consulting a doctor.

* Avoid strenuous activities if you feel dizzy or lightheaded.

* Avoid iron supplements unless recommended by a healthcare provider, as high PCV may indicate high red blood cell counts.

DIET_SUGGESTIONS: * Eat iron-rich foods during and after your period such as dark leafy green vegetables, and lean meats, unless contradicted by a healthcare professional.

* Stay hydrated by drinking plenty of water, especially during your period.

* Consider foods rich in vitamins and minerals.

FOLLOW_UP: Schedule an appointment with a healthcare professional as soon as possible to discuss your symptoms and blood test results. They may recommend further testing or treatment based on their assessment.

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.