



# Divyesh

Year of Birth: 1992

Ethnic Origin: Indian

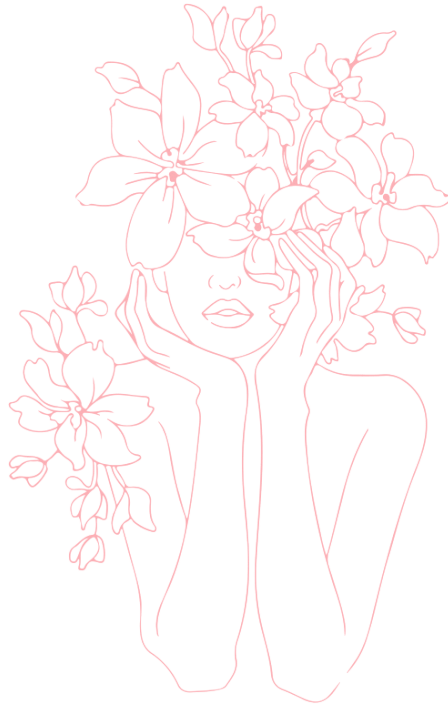
Smoking : Yes

Height : 4'0" ( 121 cm )

Weight: 60kg

Drinking: Occasionally

Exercise: RegularlyI excercise more than before



Checklist completed: 2<sup>nd</sup> September 2023

## Remember to mention:

- Pre-existing health conditions you have
- Prescriptions you currently take

## MY SYMPTOMS

### Vasomotor:

- Hot flashes - 11-20 times a day
- Night sweats - 11-20 times a day
- Cold flashes - 11-20 times a day

### Psychological:

- Loss of focus
- Loss of memory
- Anxiety

### Physical:

- Low libido Joint Pain
- Burning sensation
- Skin changes

## MY CYCLES

- Last period - January 2023
- Yes Cycle lengths have changed
- Yes Heavier Bleeding

## MY MANAGEMENT

- Have had received a menopause diagnosis

### HRT Routine:

- HRT Yes
- Tablets, Skin patches, Oestrogel
- Cyclic HRT
- Monthly HRT