

# laurels

Year of Birth: 2003

Ethnic Origin: African

Smoking: No

Height: 4'1" (124 cm)

Weight: 39

Drinking: Not applicable

Exercise: I excercise the same amount Regularly

Checklist completed: 22<sup>nd</sup> August 2023

#### **Remember to mention:**

• Pre-existing health conditions you have

• Prescriptions you currently take



## **MY SYMPTOMS**

#### Vasomotor:

- Hot flashes Yes
- Night sweats Yes
- o Cold flashes Yes

#### **Psychological:**

• Loss of memory

#### **Physical:**

o None

## **MY CYCLES**

• Last period - March 2021

### **MY MANAGEMENT**

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