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Year of Birth: 2003

Ethnic Origin: Pakistani

Smoking: No

Height: 4'1" (124 cm)

Weight: 33

Drinking: Not applicable

Exercise: I excercise less than before Occasionally

Checklist completed: 29th November 2023

Remember to mention:

• Pre-existing health conditions you have

• Prescriptions you currently take



MY SYMPTOMS

Vasomotor:

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

Psychological:

- Loss of focus
- Mood Swings

Physical:

- Low libido
- Burning sensation

MY CYCLES

• Last period - February-2022

MY MANAGEMENT

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