

# test123

Year of Birth: 1924

Ethnic Origin: Indian

Smoking: Yes

Height: 4'0" (121 cm)

Weight: 30kg

Drinking: Regularly

Exercise: RegularlyI excercise more than before

Checklist completed: 18<sup>th</sup> September 2023

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

• Pre-existing health conditions you have

• Prescriptions you currently take

## **MY SYMPTOMS**

#### Vasomotor:

- Hot flashes 0-10 times a day
- Night sweats 0-10 times a day
- o Cold flashes 0-10 times a day

#### **Psychological:**

- Lossoffocus
- Lossofmemory

#### **Physical:**

- Low libidoBurnings sensation
- Joint Pain

## **MY CYCLES**

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

## **MY MANAGEMENT**

• Have had received a menopause diagnosis

### **HRT Routine:**

- HRTYes
- o Tables, Skin patches, Oestrogengel
- Continuous Combined HRT
- 3 Monthly HRT