

ios

Year of Birth: 1989

Ethnic Origin: Indian

Smoking: No

Height: 5'8" (173 cm)

Weight: 85

Drinking: Regularly

Exercise: I excercise more than before Regularly

Checklist completed: 3rd 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:

Mood Swings

Physical:

- Vaginal atrophy
- Palpitations

MY CYCLES

• Last period - March-2015

MY MANAGEMENT

• Have had received a menopause diagnosis

HRT Routine:

- o Yes
- Tablets, Implants
- Cyclic HRT
- 3-Monthly HRT