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Year of Birth: 1924

Ethnic Origin: Indian

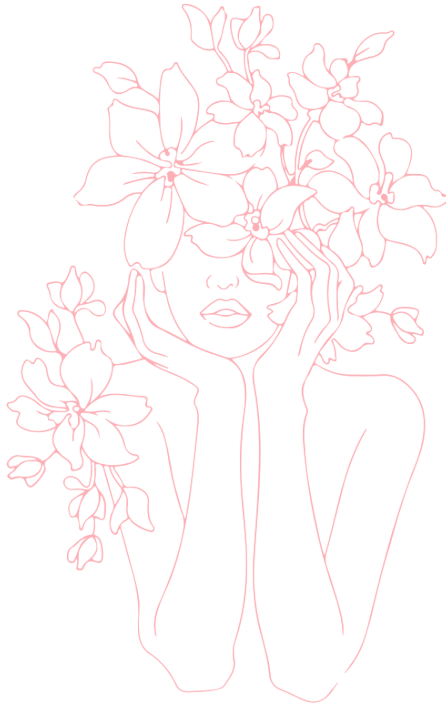
Smoking : Yes

Height : 4'0" ( 121 cm )

Weight: 30kg

Drinking: Regularly

Exercise: Regularly I exercise more than before



Checklist completed: 16<sup>th</sup> August 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 - 11-20 times a day
- Cold flashes - 0-10 times a day

**Psychological:**

- Moodswings
- Loss of focus

**Physical:**

- Low libido
- Skin changes
- Joint Pain

## 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
- Continuous Combined HRT
- 3 Monthly HRT