



Nik

Age: 37 years

Weight: 60

Smoking: No

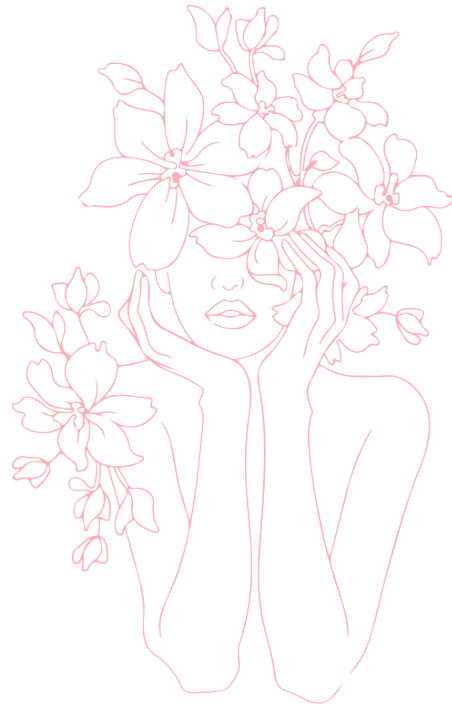
Drinking: Not applicable

Exercise: Rarely but I exercise more than before now

Checklist completed: 9th August 2023

Remember to mention:

- Pre-existing health conditions you have
- Prescriptions you currently take



MY SYMPTOMS

Vasomotor:

- Hot flashes - 11-20 times a day
- Night sweats - 11-20 times a day
- Cold flashes - 11-20 times a day

Psychological:

- tst

Physical:

- tst

MY CYCLES

- Last period - June 2023
- Cycle lengths have changed -no
- Heavier Bleedingno

MY MANAGEMENT

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HRT Routine:

- txt