

## krupa

Year of Birth: 1996

Ethnic Origin: Indian

Smoking : Yes

Height : 4'0" ( 121 cm )

Weight: 32kg

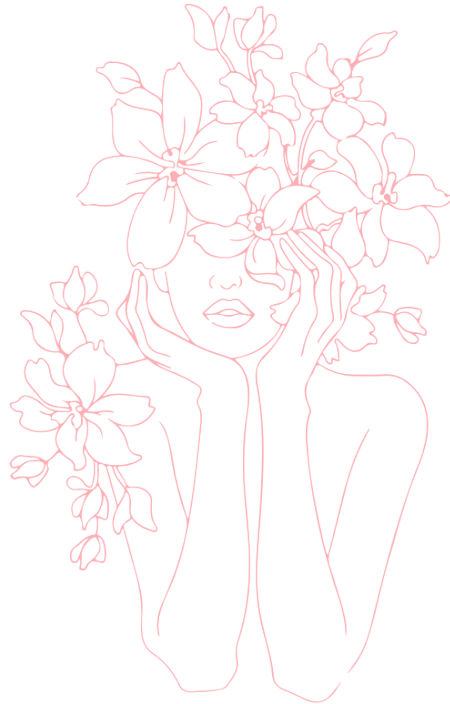
Drinking: Occasionally

Exercise: OccasionallyI excercise tha same amount

Checklist completed: 22<sup>nd</sup> August 2023

### Remember to mention:

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



## MY SYMPTOMS

### Vasomotor:

- Hot flashes - More Than 20 times a day
- Night sweats - More Than 20 times a day
- Cold flashes - More Than 20 times a day

### Psychological:

- Moodswings
- Loss of focus
- Loss of memory
- Anxiety

### Physical:

- Vaginal atrophy
- Low libido Palpitations
- Skin changes
- Joint Pain
- Burning sensation
- Fatigue

## 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, Oestrogen, Implants, Vaginal, Testosterone, Progesterone
- Continuous Combined HRT
- Monthly HRT