

krupa123

Year of Birth: 1925

Ethnic Origin: Pakistani

Smoking: Yes

Height: 4'2" (127 cm)

Weight: 54kg

Drinking: Regularly

Exercise: OccasionallyI excercise more than before

Checklist completed: 24th August 2023

Remember to mention:

• Pre-existing health conditions you have

• Prescriptions you currently take



MY SYMPTOMS

Vasomotor:

- o Hot flashes No
- o Night sweats No
- o Cold flashes No

Psychological:

- Moodswings
- o Lossoffocus
- Lossofmemory
- Anxiety

Physical:

- Vaginal atrophy
- Low libidoPalpitations
- Skin changes
- Joint Pain
- o Burnings sensation
- Fatigue

MY CYCLES

- Last period February 2015
- Yes Cycle lengths have changed
- Yes Heavier Bleeding

MY MANAGEMENT

• Have had received a menopause diagnosis

HRT Routine:

- HRTYes
- Tables, Skin patches, Oestrogengel, Implants, Vaginal, Testosterone, Progesterone
- Continuous Combined HRT
- o 3 Monthly HRT