

**hlzlhgxljgx**

Year of Birth: 2000

Ethnic Origin: Caribbean

Smoking : Yes

Height : 4'2" (127 cm)

Weight: 32

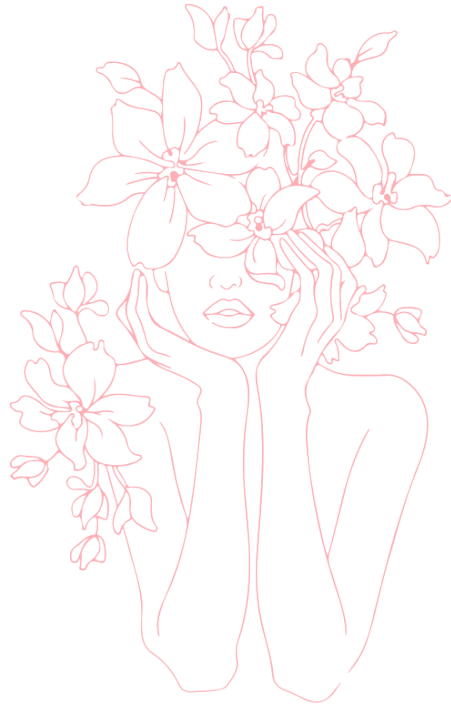
Drinking: Occasionally

Exercise: I exercise more than before Occasionally

Checklist completed: 30<sup>th</sup> October 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 - More Than 20 times a day

### Psychological:

- Mood Swings
- Loss of focus
- Loss of memory
- Anxiety

### Physical:

- Vaginal atrophy
- Painful sex
- Low libido
- Palpitations
- Skin changes
- Joint pain
- Burning sensation
- Fatigue

## MY CYCLES

- Last period - February-2023
- Yes Cycle lengths have changed
- Yes Heavier Bleeding

## MY MANAGEMENT

- Have had received a menopause diagnosis

### HRT Routine:

- Yes
- Tablets, Skin Patches, Oestrogen gel, Implants, Vaginal Oestrogen, Testosterone gel, Progesterone
- Cyclic HRT
- 3-Monthly HRT