

## nmjs

Year of Birth: 1999

Ethnic Origin: mhjbh

Smoking : No

Height : 4'4" (132 cm)

Weight: 52 kg

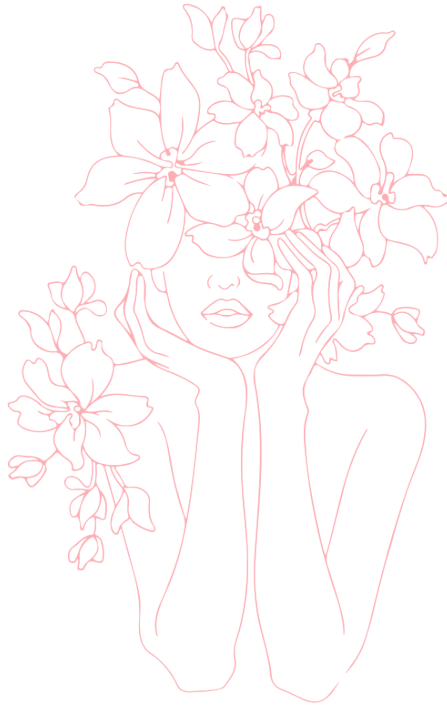
Drinking: Not Applicable

Exercise: Regularly but i exercise in division

Checklist completed: 19<sup>th</sup> 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:

- Mood Swings
- Loss of Focus
- Anxiety
- Loss of memory

### Physical:

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

## MY CYCLES

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

## MY MANAGEMENT

- Have had received a menopause diagnosis

### HRT Routine:

- txt1
- txt2
- txt3
- txt4