



# hello

Year of Birth: 1983

Ethnic Origin: Indian

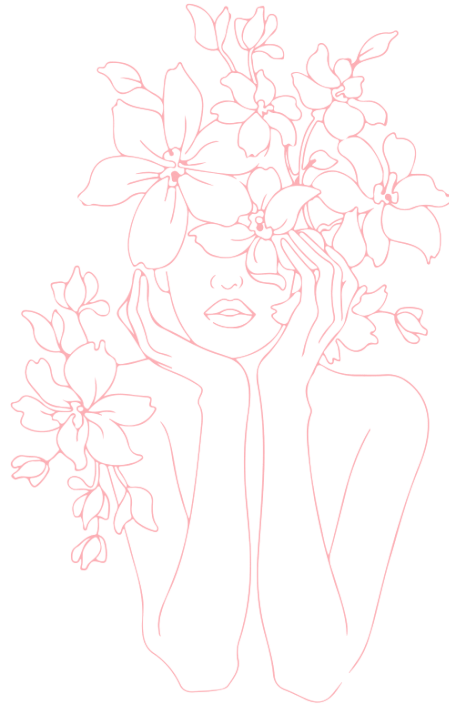
Smoking : Yes

Height : 4'4" (132 cm)

Weight: 33

Drinking: Occasionally

Exercise: I exercise less than before Occasionally



Checklist completed: 28<sup>th</sup> August 2023

## **Remember to mention:**

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

## MY SYMPTOMS

### Vasomotor:

- Hot flashes - Yes
- Night sweats - Yes
- Cold flashes - Yes

### Psychological:

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

### Physical:

- Vaginal atrophy
- Painful sex
- Low libido

## MY CYCLES

- Last period - January 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, Progesterone, Testosterone gel
- Continuous Combined HRT
- 3-Monthly HRT