



**jlvihcig**

Year of Birth: 1946

Ethnic Origin: Any other Mixed or multiple ethnic background

Smoking : Yes

Height : 4'1" ( 124 cm )

Weight: 30kg

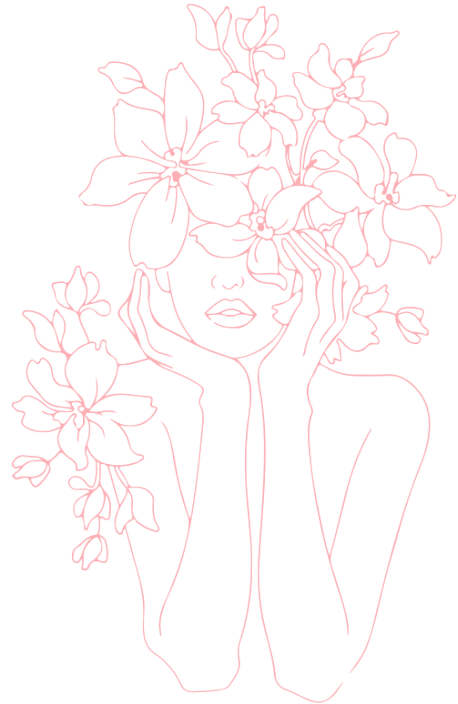
Drinking: Regularly

Exercise: RegularlyI excercise more than before

Checklist completed: 26<sup>th</sup> September 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:

- 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, Oestrogel, Implants, Vaginal, Testosterone, Progesterone
- Continuous Combined HRT
- 3 Monthly HRT