

test

Year of Birth: 1947

Ethnic Origin: White and Black African

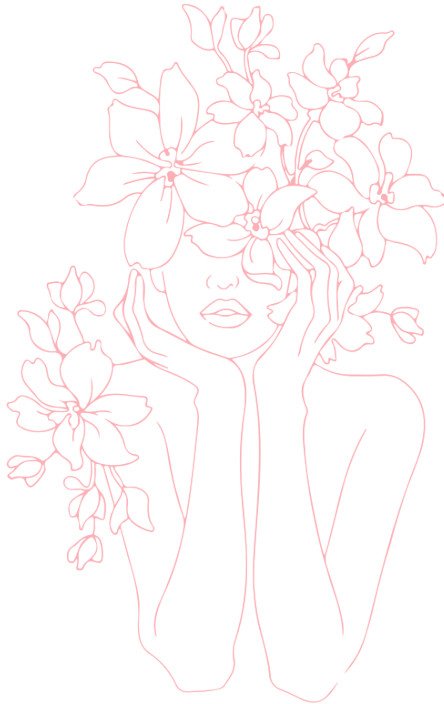
Smoking : Yes

Height : 4'0" (121 cm)

Weight: 30kg

Drinking: Regularly

Exercise: Regularly I exercise more than before



Checklist completed: 22nd August 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:

- Loss of focus
- Loss of memory

Physical:

- Vaginal atrophy Joint Pain
- Skin changes

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
- Skin patches, Oestrogengel
- Cyclic HRT
- Monthly HRT