



Nitya

Year of Birth: 1985

Ethnic Origin: Indian

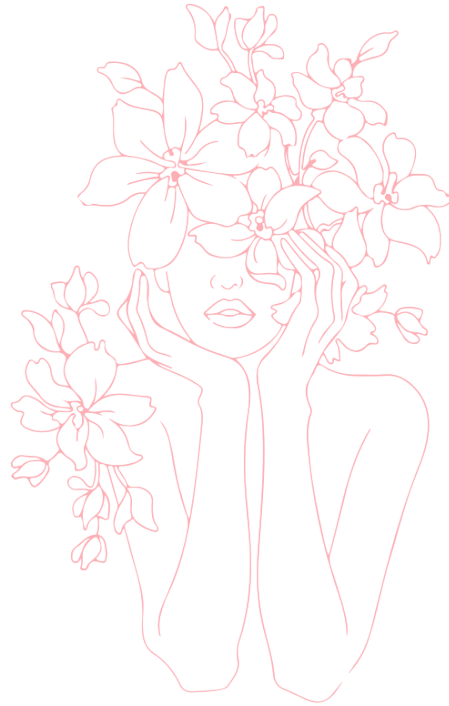
Smoking : No

Height : 4'10" (147 cm)

Weight: 46

Drinking: Occasionally

Exercise: I exercise less than before Occasionally



Checklist completed: 10th November 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 -
- Cold flashes -

Psychological:

- Loss of memory
- Loss of focus

Physical:

- Low libido
- Painful sex
- Skin changes
- Joint pain

MY CYCLES

- Last period - March-2023
- Yes Cycle lengths have changed
- NO Heavier Bleeding

MY MANAGEMENT

- Have had received a menopause diagnosis

HRT Routine:

- Yes
- Skin Patches
- Continuous Combined HRT
- 3-Monthly HRT