

test

Year of Birth: 2002

Ethnic Origin: Indian

Smoking: No

Height: 4'4" (132 cm)

Weight: 34

Drinking: Occasionally

Exercise: I excercise more than before Occasionally

Checklist completed: 2nd September 2023

Remember to mention:

• Pre-existing health conditions you have

• Prescriptions you currently take



MY SYMPTOMS

Vasomotor:

- o Hot flashes -
- o Night sweats -
- o Cold flashes -

Psychological:

• Loss of memory

Physical:

- Painful sex
- Skin changes

MY CYCLES

• Last period - October 2021

MY MANAGEMENT

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