

krupa

Year of Birth: 2000

Ethnic Origin: Indian

Smoking: Yes

Height: 4'4" (132 cm)

Weight: 31

Drinking: Occasionally

Exercise: I excercise less than before Occasionally

Checklist completed: 15th August 2023

Remember to mention:

• Pre-existing health conditions you have

• Prescriptions you currently take



MY SYMPTOMS

Vasomotor:

- Hot flashes Yes
- Night sweats Yes
- o Cold flashes No

Psychological:

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

Physical:

- Vaginal atrophy
- Painful sex
- Low libido

MY CYCLES

• Last period - January 2014

MY MANAGEMENT

• Have had received a menopause diagnosis

HRT Routine:

- Yes
- Tablets,Skin Patches,Oestrogen gel,Implants,Vaginal Oestrogen,Testosterone gel,Progesterone
- Continuous Combined HRT
- Monthly HRT