



# Pavan Kumar

Year of Birth: 1997

Ethnic Origin: Indian

Smoking : No

Height : 5'8" ( 172 cm )

Weight: 70kg

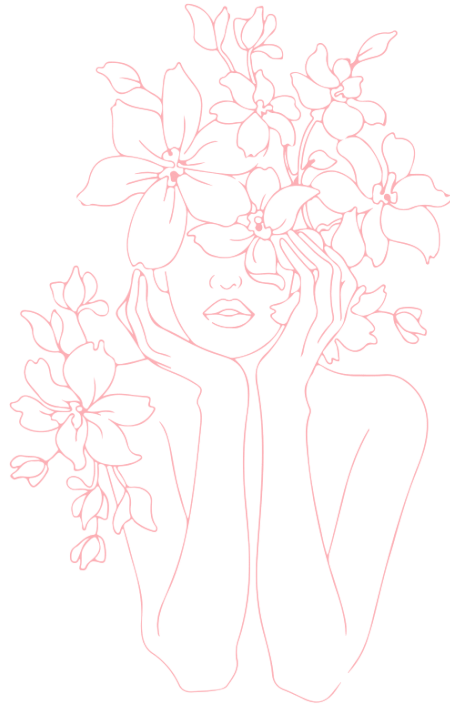
Drinking: Not applicable

Exercise: OccasionallyI excercise less than before

Checklist completed: 19<sup>th</sup> September 2023

## Remember to mention:

- Pre-existing health conditions you have
- Prescriptions you currently take



## MY SYMPTOMS

### Vasomotor:

- Hot flashes - Few Times
- Night sweats - Few Times
- Cold flashes - Few Times

### 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 - March 2023
- Yes Cycle lengths have changed
- Yes Heavier Bleeding

## MY MANAGEMENT

- Have had received a menopause diagnosis

### HRT Routine:

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