

hg

Year of Birth: 1995

Ethnic Origin: Indian

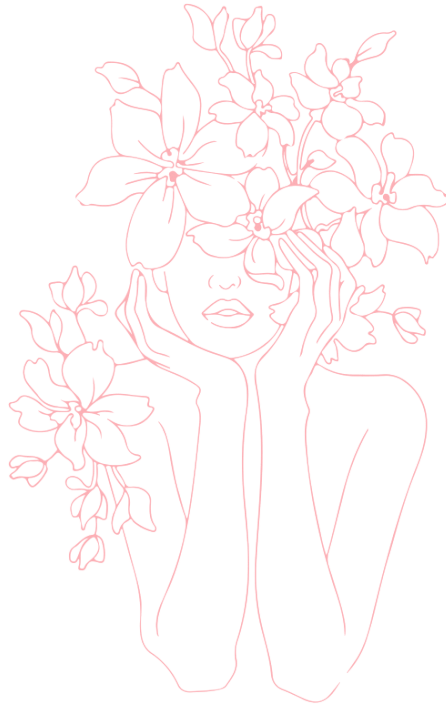
Smoking : Yes

Height : 4'5" (135 cm)

Weight: 62

Drinking: Regularly

Exercise: I exercise more than before Regularly



Checklist completed: 22<sup>nd</sup> August 2023

**Remember to mention:**

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

## MY SYMPTOMS

**Vasomotor:**

- Hot flashes - Yes
- Night sweats - Yes
- Cold flashes - Yes

**Psychological:**

- Loss of memory
- Anxiety

**Physical:**

- Low libido

## MY CYCLES

- Last period - January 2023
- Yes Cycle lengths have changed
- Yes Heavier Bleeding

## MY MANAGEMENT

- Have had received a menopause diagnosis

**HRT Routine:**

- Yes
- Oestrogen gel
- Cyclic HRT
- Monthly HRT