

Nitya

Year of Birth: 1987

Ethnic Origin: African

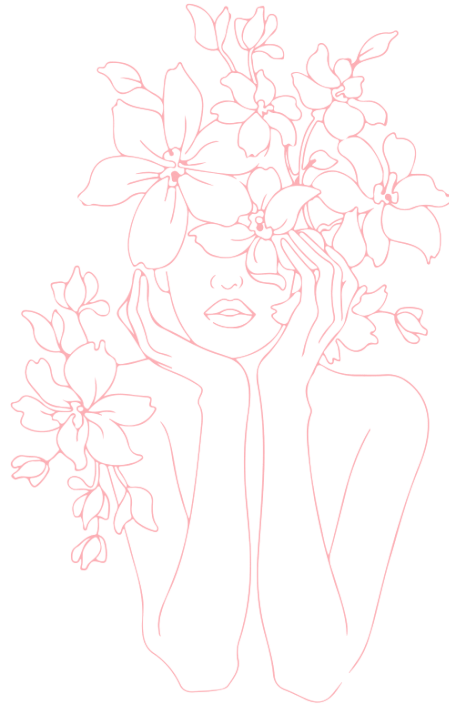
Smoking : No

Height : 4'10" (147 cm)

Weight: 43

Drinking: Rarely

Exercise: I exercise less than before Occasionally



Checklist completed: 19th August 2023

Remember to mention:

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

MY SYMPTOMS

Vasomotor:

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

Psychological:

- Loss of memory
- Loss of focus

Physical:

- Low libido

MY CYCLES

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

MY MANAGEMENT

-