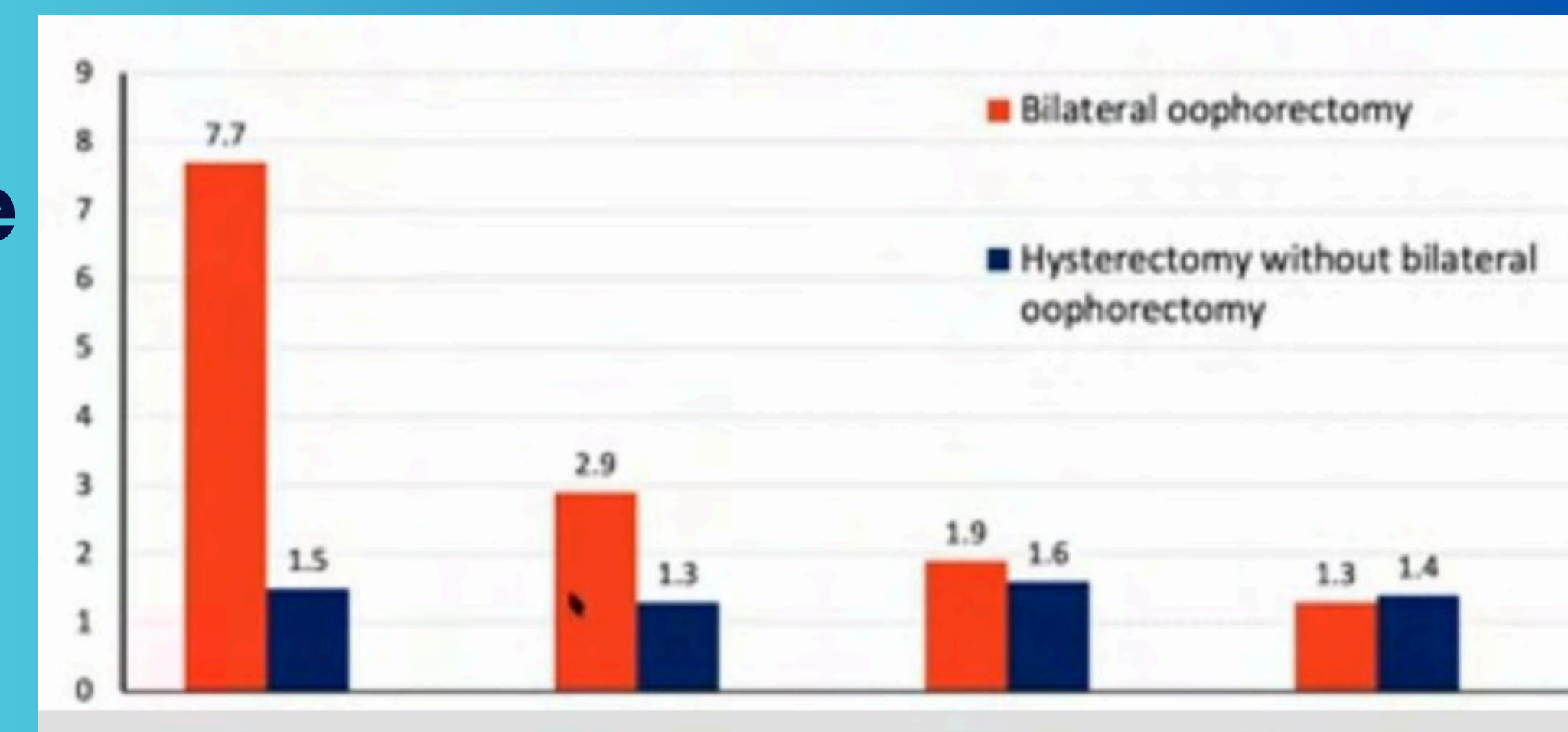
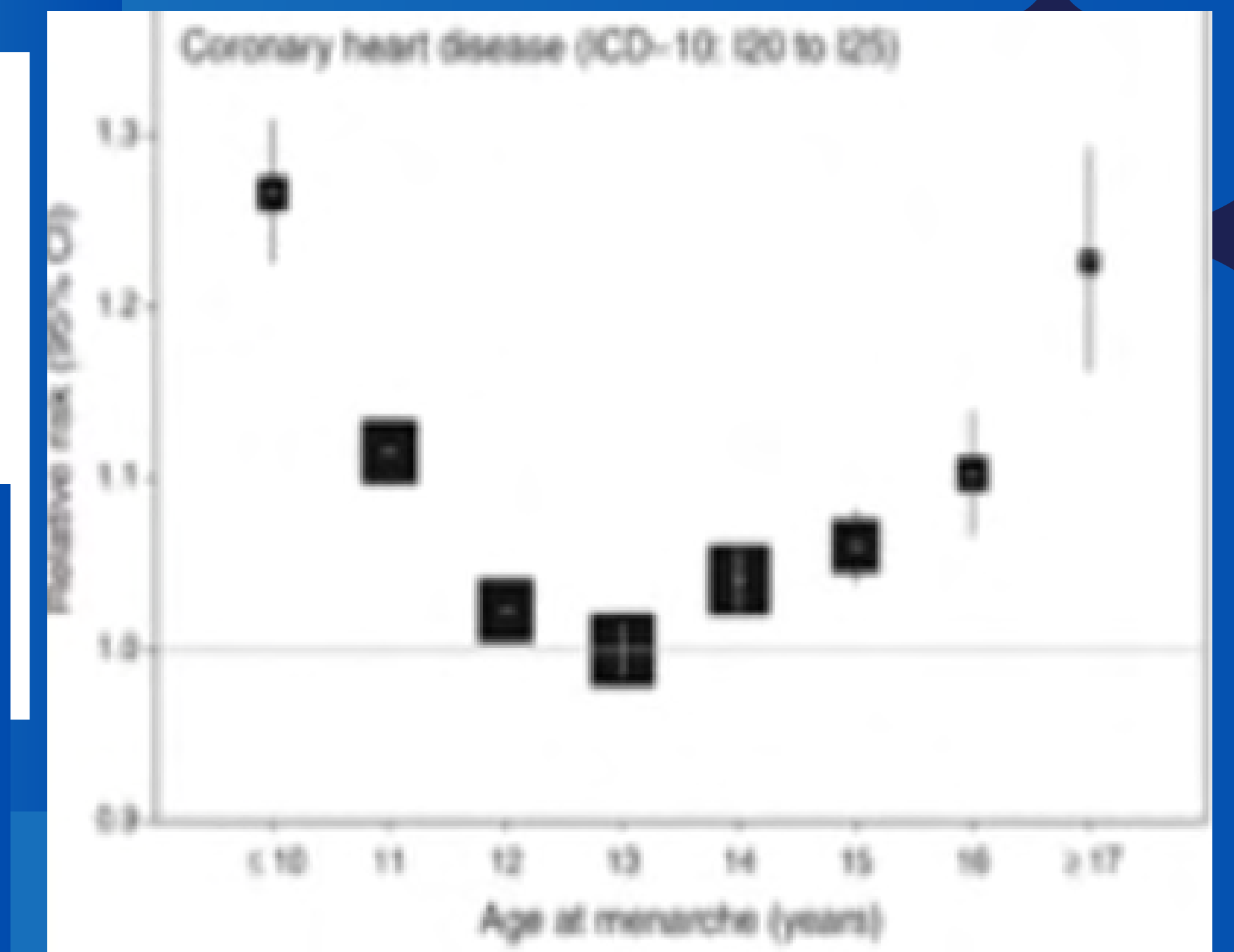


**Healthy Lifestyle: Get Started & Spread the Word!**  
 Don't be lulled into being satisfied or dissatisfied with the menopause status quo.

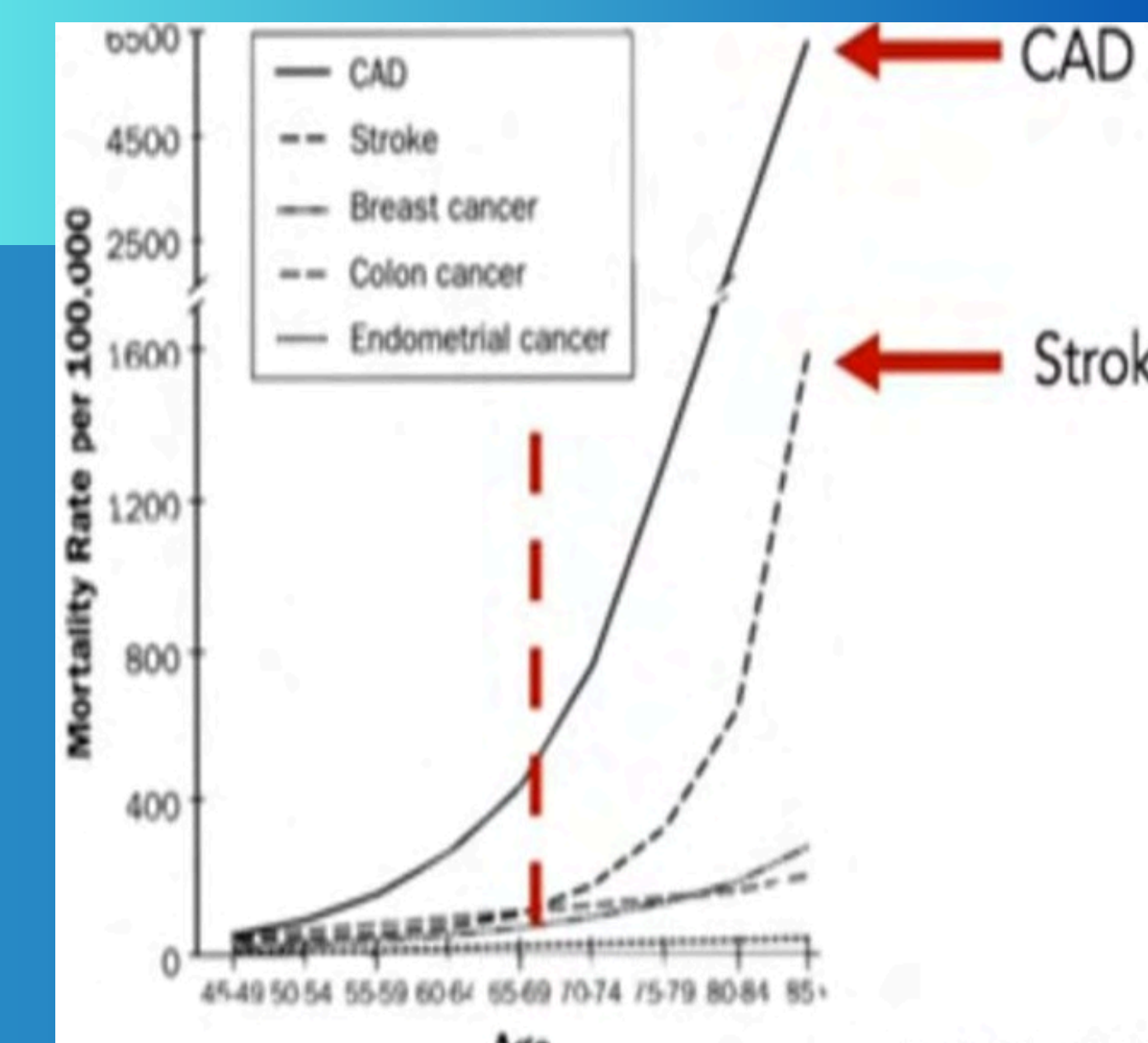
**Surgical Menopause**  
 The Younger the Woman, the Greater the Concern

**Age at Menarche & Coronary Heart Disease:**  
 Insights from a 1.2 Million UK Study

Over 11.6 Years of Follow-Up: Understanding the Long-Term Impact on Women's Heart Health



**Menopause Accelerates CVD Risk**



**Waist to Hip ratio calculator**

**Breast Analysis:**

Breast Right: 12  
 Breast Left: 11  
 Breast Right: Dense  
 Breast Left: Granular  
 Axilla: Test  
 R/S: Test  
 Abdomen: Test

P/V: Test  
 P/S: Cx,Vg  
 Vestibule: Test  
 V/V: Test  
 CVS: Test  
 P/R: Test  
 Local: Test

**Investigations:**

CBP ESR: Test  
 Urine analysis: Test  
 Urine C/S: Test  
 Vaginal pH: Test  
 RBS: Test  
 FBS: Test  
 HbA1c: Test  
 25OH Vitamin D: Test  
 STSH: Test  
 Cholesterol: Test  
 Triglyceride: Test  
 HDL: Test  
 LDL: Test

VLDL: Test  
 Blood Urea: Test  
 Serum Creatinine: Test  
 LFT: Test  
 Stool for occult blood: Test  
 Serum FSH: Test  
 Serum Estradiol: Test  
 Total Testosterone Level: Test  
 Pap Smear: Test  
 Colposcopy: Test  
 Ultrasound: Test  
 Endometrial Biopsy: Test  
 Mammography Ultrasound Best: Test



\*This App follows IMS Guidelines

**WellBeing**

Patient Name: Priyanka  
 Age: 27  
 Doctor Name: Khush Patel  
 Location: Test  
 Marital Status: Married  
 Occupation: Service  
 Community: Maharashtra  
 Age at menopause: 26  
 Type of menopause: Surgical  
 If surgical date: 10/08/2021  
 Type of surgical: TAH with USOP  
 Complaints: Test

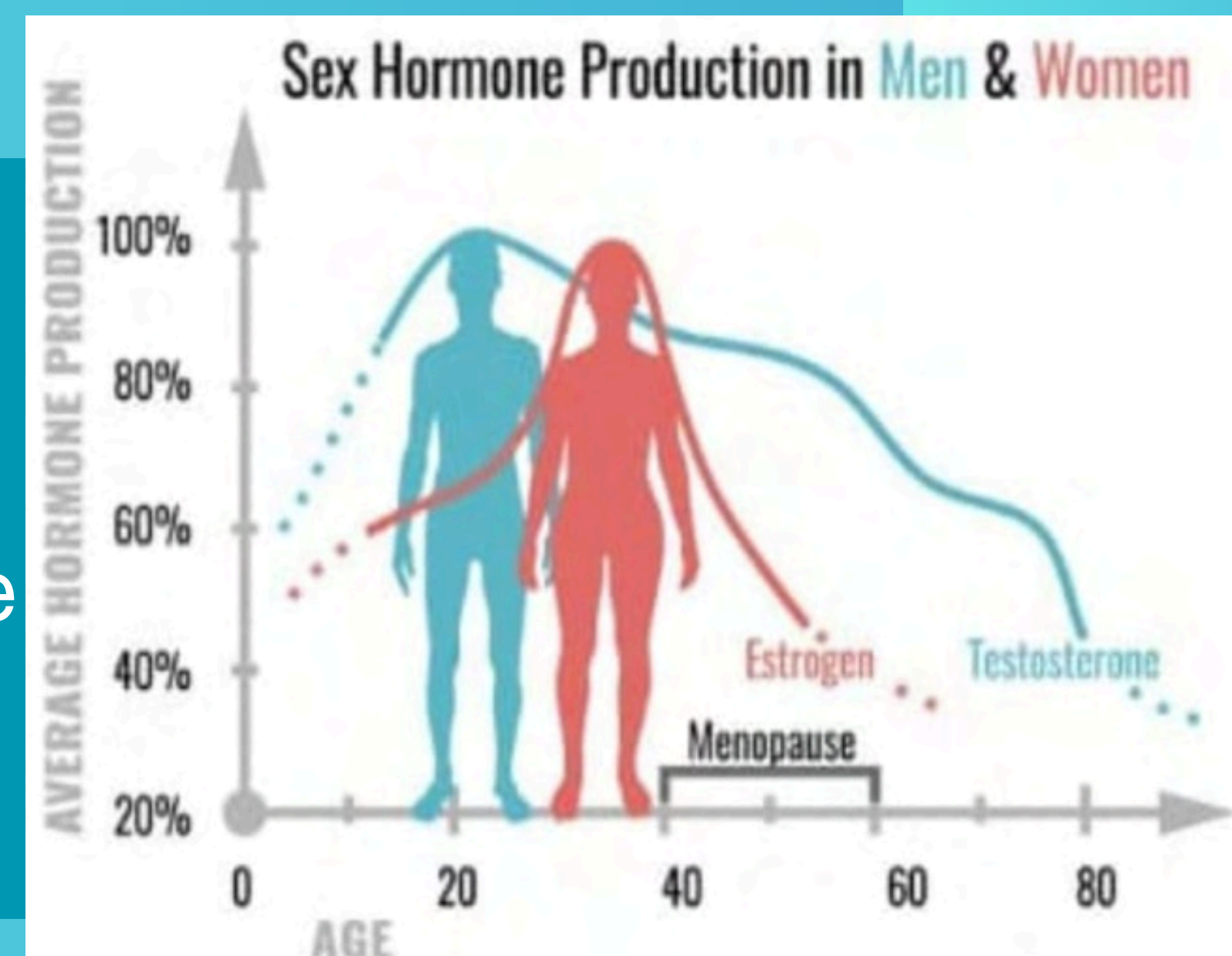
Date: 10 Aug 2023, 11:40:05 AM  
 Referred By: Khush  
 Reg No.: 1234  
 Tel No.: 8996666  
 Address: Levels 6-10, 7A, 'C' Cross Road, Ahemdabad  
 Urban/Rural: Urban  
 Educational status: B.SC  
 Socioeconomic status: Job  
 Indication: Test

Hot Flashes, sweating: 1	Heart Discomfort: 3	Sleep Problems: 2
Depressive Moods: 3	Irritability: 1	Anxiety: 3
Sexual problems: 2	Physical and mental exhaustion: 3	Bladder problems: 2
Dryness of the vagina: 2	Joint Muscular Discomfort: 3	

Symptoms in a scale of None-0; mild-1; moderate-2; severe-3; Menopause Rating Scale.

Others: Dry skin, Crawling under the skin, New facial hair, Change in weight  
 First symptom of menopause: Test  
 Gynecological history: Menstrual cycle, Flow pattern before menopause, Irregular, History of  
 Any other: Test  
 Lactation: complete  
 Postpartum depression: Test

**Sex Hormone Production in Men & Women Over Time**



Understanding hormone changes helps us make informed lifestyle and healthcare choices.

**Gynac report**

**Gynac Report**

Hepatitis A: Yes/No  
 Herpes zoster: Yes/No  
 Influenza: Yes/No  
 Meningococcus: Yes/No  
 Tdap/DTP: Yes/No

Hepatitis B: Yes/No  
 HPV: Yes/No  
 MMR: Yes/No  
 Pneumococcus: Yes/No  
 Varicella: Yes/No

For more details visit <https://indianmenopauseociety.org/info-for-gynaecologists.html>

**Gynac Report**

Hot flashes, sweating: 0  
 Heart Discomfort: 0  
 Sleep Problems: 0  
 Depressive Mood: 0  
 Irritability: 0  
 Anxiety: 0  
 Sexual Problems: 0

Other: Dry skin, Crawling under the skin, New facial hair, Change in weight  
 First symptom of menopause: Test  
 Gynecological history: Menstrual cycle, Flow pattern before menopause, Irregular, History of  
 Any other: Test  
 Lactation: Complete/Incomplete

**Gynac Report**

Name: [Field]  
 Age: [Field]  
 Referred By: [Field]  
 Reg. No.: [Field]  
 Marital Status: Married/Unmarried  
 Tel. No.: [Field]  
 Occupation: [Field]  
 Address: [Field]

Other: Dry skin, Crawling under the skin, New facial hair, Change in weight  
 First symptom of menopause: Test  
 Gynecological history: Menstrual cycle, Flow pattern before menopause, Irregular, History of  
 Any other: Test  
 Lactation: Complete/Incomplete