

Symptom notes

30 days · Aug 31, 2026 – Sep 29, 2026

For Dr. Patel Appointment Oct 8, 2026 Stage (self-reported): Perimenopause

Generated Sep 29, 2026

MenoMap is a wellness tracker and education tool. It does not diagnose menopause or any other condition, does not prescribe or change treatment, and does not replace care from a qualified clinician. If symptoms worry you, or if you have bleeding after menopause, chest pain, sudden severe headache, one-sided weakness, trouble breathing, or fainting, seek in-person or emergency care.

QUESTIONS I'D LIKE TO ASK

- 1. Which of these is most disruptive for me?
- 2. When did this start, and has it changed?
- 3. What should I watch for that means I should call?
- 4. How do my current medications fit this picture?

SURGES (HOT FLASHES AND NIGHT SWEATS)

79

surges logged

2.6

per logged day

30 / 49

hot flashes / night sweats

2.5 / 5

average strength (79 rated)

2m 45s

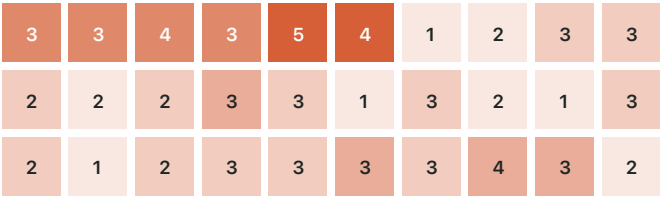
typical length

62%

between 9pm and 7am

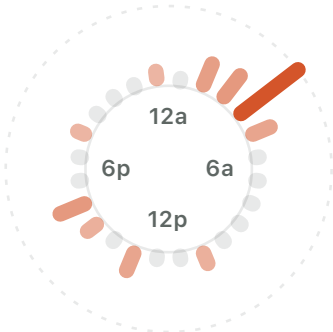
Logged on 30 of 30 days. Strength is self-rated from 1 (mild) to 5 (intense).

HEAT CALENDAR



0 Surges x strength per day

TIME OF DAY



Most often around 3:11 AM

EVENING CHECK-INS (0-10, 29 DAYS)

4.7

Sleep · great = 10 · n=29

5.3

Hot flashes · constant = 10 · n=29

5.0

Mood · great = 10 · n=29

3.8

Energy · full = 10 · n=29

3.9

Brain fog · thick fog = 10 · n=29

SLEEP FROM APPLE HEALTH

Average 5h 47m asleep over 30 nights (from Apple Health).



Symptom notes, continued

MEDICATIONS (ENTERED BY THE USER)

Micronized progesterone

Progestogen · 100 mg · By mouth · At bedtime · since Sep 5, 2026

Estradiol gel

Estrogen · 1 pump · Skin · Every morning · since Sep 5, 2026

Doses marked in this period: 23 taken, 1 skipped.

PATTERNS IN THE ENTRIES

Experiment: Cooler bedroom

Your entries: 26 night surges in the 14 logged days before, 27 in the 14 logged days during. That's what you logged, not proof of cause.

Surges running milder

Average surge intensity was 2.5 in the last 30 days, compared with 4 in the 30 days before.

Most-tagged: Alcohol

Alcohol was tagged on 52% of your 33 tagged surges in the last 30 days.

Patterns compare the user's own entries. They are coincidence checks, not causes.

ABOUT THESE NOTES

These notes summarize what the user entered in MenoMap and, where labeled, data they chose to bring in from Apple Health. MenoMap does not diagnose, prescribe or give treatment advice.