

# Your 1-year health summary

Clinical summary · read this page first

Maya R.

Oct 3, 2025 – Oct 3, 2026

As of Oct 3, 2026

GENERAL

COVERAGE

109/366

days checked in

YOUR DAYS

75 good

calm or steady · 19  
mixed · 8 stormy

MOST FREQUENT

2.9/wk

Hot Flashes · 38 of  
91 days

CYCLE

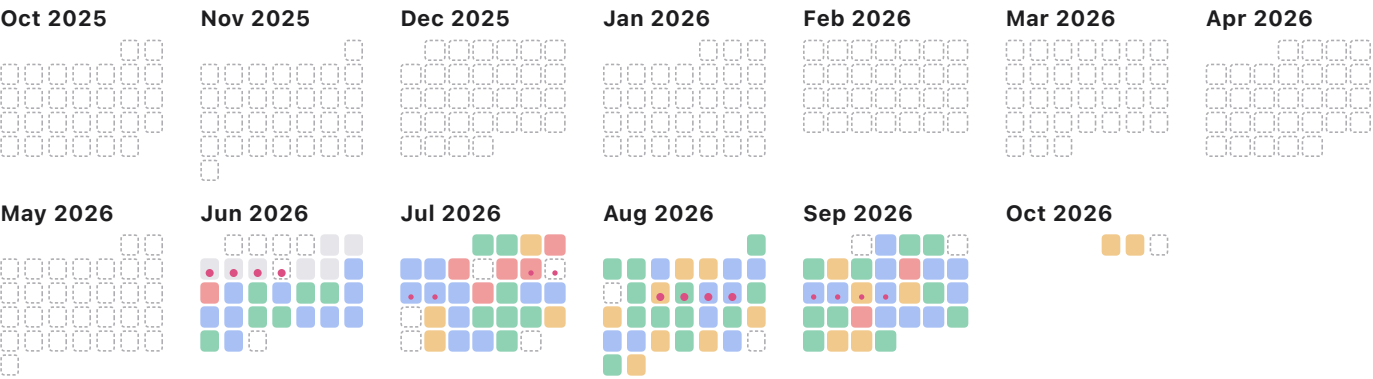
33 days

cycles 32–33 · next Oct  
15 – 17

Your year

Oct 3, 2025 – Oct 3, 2026

Each day compared with Maya's own recent days · 102 of 366 days typed · 7 checked in but too early to type (a day needs the week before it)



Sleep

3.0 of 5

110 days rated

Mood

2.9 of 5

109 days rated

Energy

3.0 of 5

109 days rated

Irritability

2.9 of 5

91 days rated

Questions for this visit

for Oct 15

- 1 After a bad night I'm often irritable the next day. What can help my sleep?

From Connections

2 more on the next page

Treatments

as of Oct 3

Estradiol patch 0.05 mg

Prescription · since Jul 25 · 10 weeks

+1 more in this report

Helping

What stands out

Apr 5 – Oct 3 · check-ins from Jun 5

Linked in Maya's data, not proof of cause

On nights with night sweats, bad nights are **4.7×** more likely  
26 nights with night sweats and 65 nights without · same night



58% vs 12%

On nights with night sweats, low-energy days are **4.6×** more likely  
26 nights with night sweats and 65 nights without · the next day



50% vs 11%

# Questions (continued)

Questions for this visit, numbered on from page 1

Oct 3, 2025 – Oct 3, 2026

As of Oct 3, 2026

GENERAL

## Questions for this visit (continued)

for Oct 15

- 2 The patch is helping my hot flashes. Should I stay on this dose?  
From Care
- 3 Is it normal that my cycles are getting longer?  
Your own question

When symptoms happened

Oct 3, 2025 – Oct 3, 2026



Sep 28

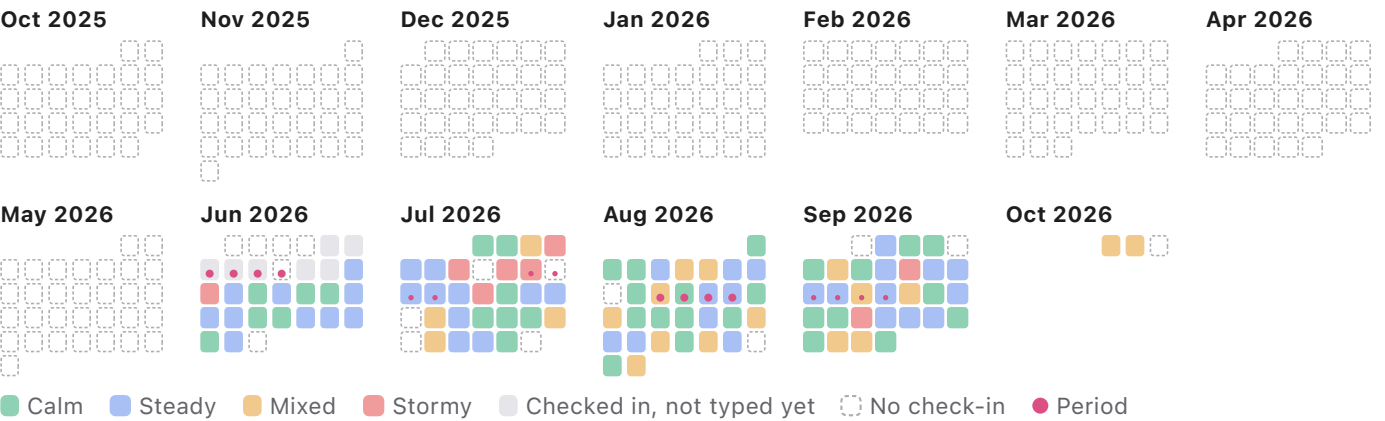
Apr 4

Oct 3

● Bigger = logged on more of the week's known days • Checked, not logged Blank = not known that week

Your days

Oct 3, 2025 – Oct 3, 2026



Symptoms

Oct 3, 2025 – Oct 3, 2026

Days a week over the days each was known · shade = mild, moderate, severe

HEAT & SWEATS



SLEEP



MOOD & MIND



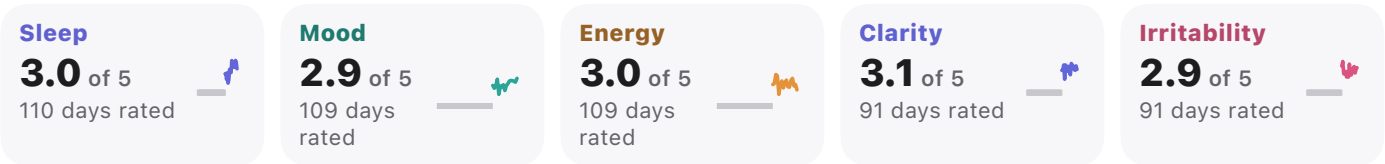
BODY & ACHES +1 more in the CSV export



Daily ratings

Oct 3, 2025 – Oct 3, 2026

1 to 5, the average of each week's rated days; 5 is best, except irritability, where 5 is most irritable



# Treatments

Before and after each treatment, with the days compared

GENERAL

## Magnesium glycinate • 300 mg at night

Supplement • since Sep 13 • 2 weeks

Day 21 of 42

PeriPal waits 6 weeks before judging. First result possible around Oct 25, if there are enough check-ins.

Will be compared with the 30 days before it started: Aug 14 – Sep 12 • 27 check-ins

### IRRITABLE DAYS

2.3/wk

over 24 days with it known

### HOT FLASHES

2.9/wk

over 24 days with it known

### LOW-ENERGY DAYS

1.8/wk

over 27 days with it known

## Estradiol patch • 0.05 mg

Prescription • since Jul 25 • 10 weeks

Helping

Your days have been lighter than in the 30 days before you started. PeriPal compares whole weeks and waited 6 weeks before saying so.

**BEFORE** Jun 25 – Jul 24 • 26 check-ins

**COMPARED** Sep 5 – Oct 2 • 27 check-ins • the last 4 whole weeks

### Hot Flashes

days a week • over 22 and 23 days with it known

3.5 → 2.4

Better 30%

### Night Sweats

days a week • over 22 and 23 days with it known

3.5 → 0.9

Better 74%

### Bad nights

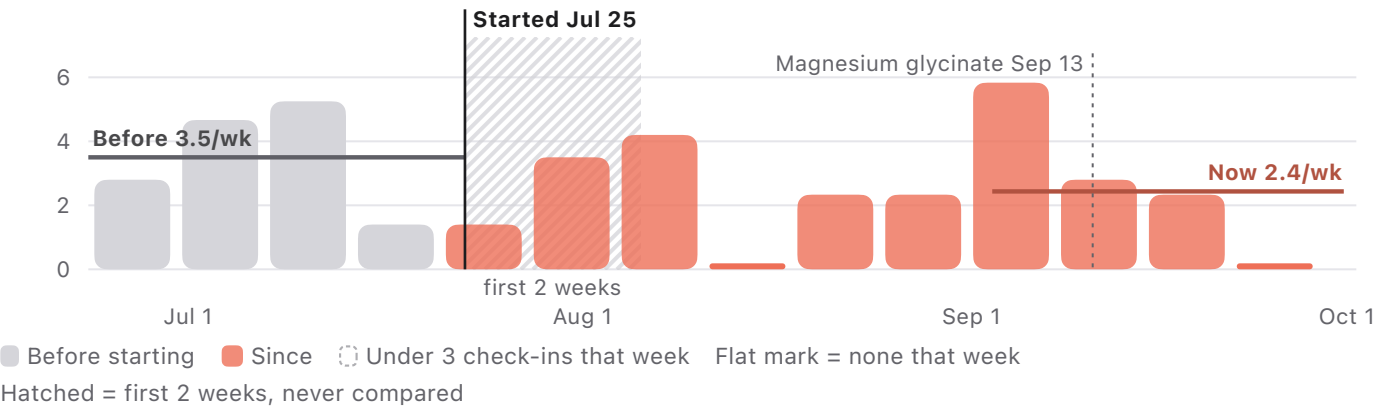
days a week • over 26 and 27 days with it known

3.2 → 1.0

Better 68%

## Hot Flashes, days a week

Jun 25 – Oct 3



Also running in the compared weeks: Magnesium glycinate (from Sep 13). PeriPal can't fully tell which one made the difference.

Rates are rounded; percentages use the unrounded rates.

# Cycle & connections

Cycles, and what tends to go together

## Cycle

Oct 3, 2025 – Oct 3, 2026 · records from Jun 5

NEXT PERIOD

Likely Oct 15 – 17

From the average of the last 3 cycles, 33 days.  
Confidence is medium.

3 cycles counted: average 33 days (32–33). Periods average 4 days.

| STARTED | LENGTH | PERIOD                 |
|---------|--------|------------------------|
| Sep 13  | —      | 4Current cycle, day 21 |
| Aug 11  | 33     | 4                      |
| Jul 10  | 32     | 4                      |
| Jun 7   | 33     | 4                      |

Every finished cycle in this table is counted in the average.

## Connections

Apr 5 – Oct 3 · check-ins from Jun 5



|                                                                                                                                       |                                   |            |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|------------|
| On nights with night sweats, bad nights are 4.7x more likely<br>26 nights with night sweats and 65 nights without · same night        | <div><div></div><div></div></div> | 58% vs 12% |
| On nights with night sweats, low-energy days are 4.6x more likely<br>26 nights with night sweats and 65 nights without · the next day | <div><div></div><div></div></div> | 50% vs 11% |
| After a bad night, low days are 3.9x more likely<br>28 bad nights and 81 other nights · the next day                                  | <div><div></div><div></div></div> | 68% vs 17% |
| After a bad night, low-energy days are 3.3x more likely<br>28 bad nights and 81 other nights · the next day                           | <div><div></div><div></div></div> | 54% vs 16% |
| After a bad night, irritable days are 2.4x more likely<br>23 bad nights and 68 other nights · the next day                            | <div><div></div><div></div></div> | 57% vs 24% |
| On stressful days, irritable days are 2.5x more likely<br>14 stressful days and 77 other days · same day                              | <div><div></div><div></div></div> | 64% vs 26% |

Shown only with 10+ days on each side, a clear difference, and when unlikely to be chance across every pair tested. Gray bar = the other days.

# Visit notes and lab results

What was kept from each visit in these days

GENERAL

## Gynecology · Jul 23, 2026

### DECIDED

Started Estradiol patch 0.05 mg

### SAID AT THE VISIT

Give the patch three months before we judge it.