

Estradiol patch

One-treatment report · before and after

Maya R.

Jun 25 – Oct 3, 2026

As of Oct 3, 2026

PRESCRIPTION · Estradiol patch 0.05 mg · since Jul 25

Helping

10 weeks in

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

Change since starting

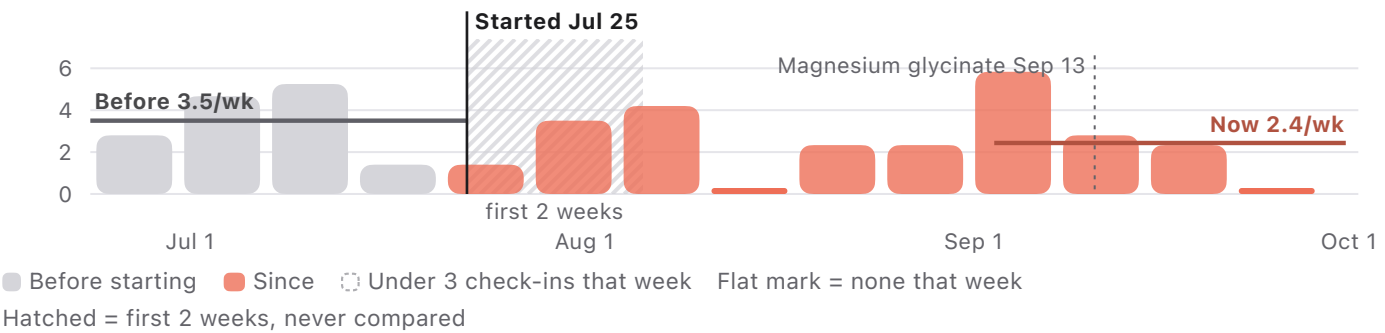
Jun 25 – Jul 24 vs Sep 5 – Oct 2

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%

Rates are rounded; percentages use the unrounded rates.

Hot Flashes, days a week

Jun 25 – Oct 3



History

- Decided at your visit** Jul 23
Started: Estradiol patch
- Started 0.05 mg** Jul 25
- Compared weeks end** Oct 2
Sep 5 – Oct 2
- As of** Oct 3
Helping

Also worth knowing

Breast Tenderness on 11 days since starting (Jul 25 – Oct 3). Not logged in the 60 days before (Maya's records start Jun 5): Jun 5 – Jul 24. It may or may not be linked.

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