

PROVIDER BRIEF

Erica B. · 30-day brief — 10.20.25 to 11.19.25

Generated June 18, 2026 from logged evidence.

01 · TOP SYMPTOMS THIS PERIOD

Hot flashes	47 logged · avg 2/day · cluster 2–5 p.m.
Night sweats	16 logged · avg 4/week · waking 2–3 a.m.
Brain fog	28 logged · concentrated mornings + post-lunch
Mood / irritability	Spikes days 22–28 of cycle

02 · HRT / MEDICATION

Medication	Estradiol 0.05 mg/d transdermal patch
Started	09.04.25
Adherence	100% (14 patches in 60 days)
Issues	1 patch detached at 36h (right abdomen). Rotated to hip — resolved.

03 · CYCLE PATTERN

Last cycle length	21 days (down from 33-day average)
Pattern	Increasing variance · 1 skipped cycle (47 days) in last 90
Flow	Heavy day 2 (flooding) · normal day 3+

04 · SLEEP

Avg duration	5h 42m / night
2 a.m. wakes	11 nights in 30
Quality (subjective)	3.4 / 5

05 · FLAGGED FOR DISCUSSION

- New onset breast tenderness right side, days 22–28 only — pattern check requested
- Joint pain (knees, hands) worsening across the month
- Two episodes of heart palpitations — no apparent trigger

06 · QUESTIONS FOR PROVIDER

- Should we adjust estradiol dose given cycle changes?
- Progesterone timing — is twice-daily warranted?
- Mammogram interval given new tenderness pattern?
- Should I track basal body temp to confirm ovulatory cycles?

07 · USER NOTES

Stopped coconut body lotion on the hip after the patch detached (see Cold Case 0012). Increased water + electrolytes. Started 10-min walks before dinner.

FILED · SAMPLE DOCUMENT · DEMO