

Health Insight

PREMIUM REPORT



sulu

Prepared for **Sample Patient**
18 Aug 2025 – 9 Aug 2026 · 357 days

PROFILE DETAILS

Age	51
Stage	perimenopause
HRT	Currently on HRT

TRACKING CONSISTENCY



326 of 357 days checked in (91%)

Your most persistent symptom has been joint / muscle pain, showing up on 311 of the 357 days in this report window.

SYMPTOM OVERVIEW

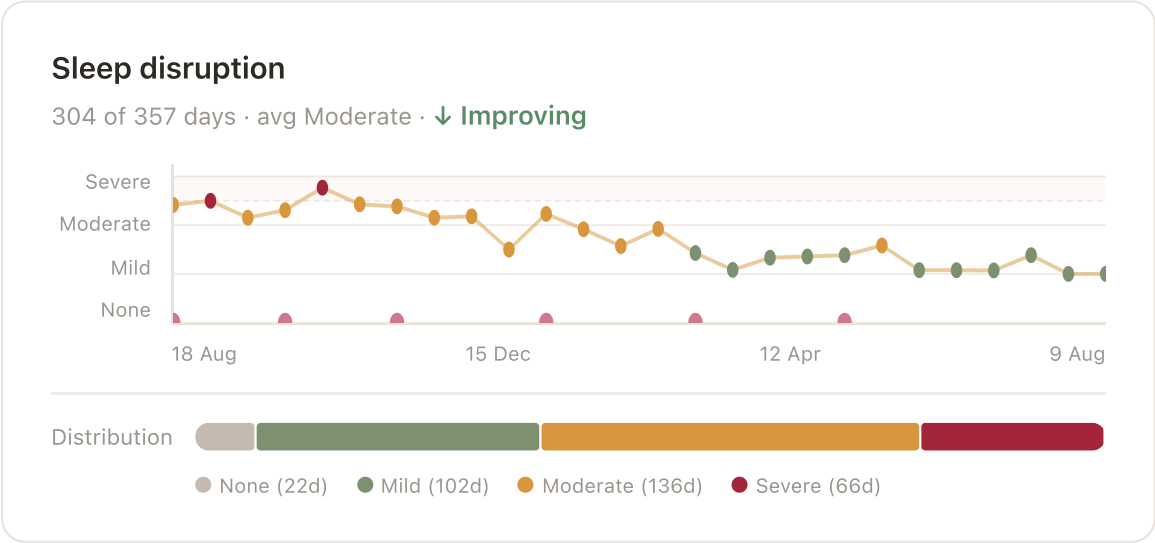
Trend reflects the last 7 tracked days compared to the prior period.

SYMPTOM	SEVERITY	DAYS LOGGED	FREQUENCY	TREND
Sleep disruption	avg Moderate Mild – Severe	304 of 357	Most days	↓ Improving
Anxiety / overwhelm	avg Moderate Mild – Severe	298 of 357	Most days	→ Stable

SYMPTOM	SEVERITY	DAYS LOGGED	FREQUENCY	TREND
Joint / muscle pain	avg Mild Mild – Severe	311 of 357	Most days	↓ Improving
Hot flashes	avg Mild Mild – Severe	278 of 357	Most days	↓ Improving
Rage / irritability	avg Mild Mild – Severe	289 of 357	Most days	↓ Improving
Night sweats	avg Mild Mild – Severe	257 of 357	Most days	↓ Improving
Headaches / migraines	avg Mild Mild – Severe	275 of 357	Most days	↓ Improving
Low mood / emotional swings	avg Mild Mild – Severe	271 of 357	Most days	↓ Improving

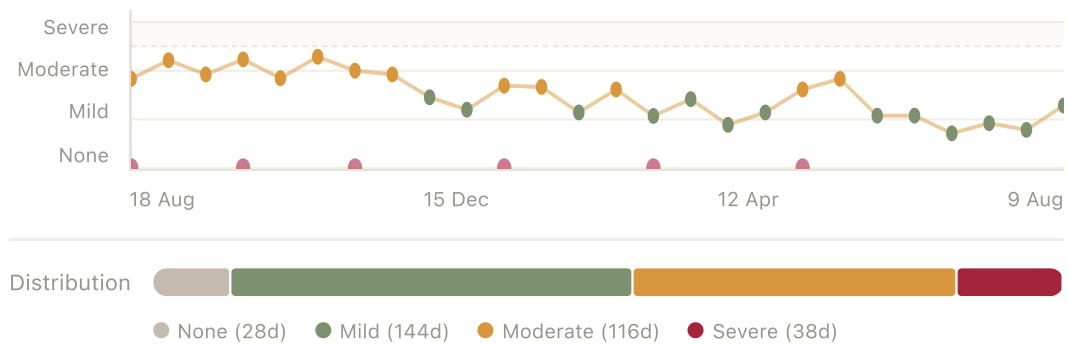
SYMPTOM TRENDS

Trend arrow reflects the last 7 tracked days compared to the prior period.
Each point is a fortnightly average of logged days; stretches with nothing logged are left blank.



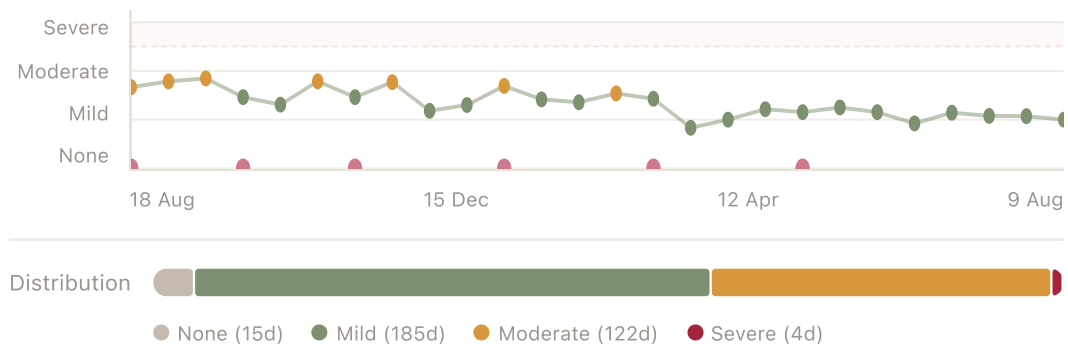
Anxiety / overwhelm

298 of 357 days · avg Moderate · → Stable



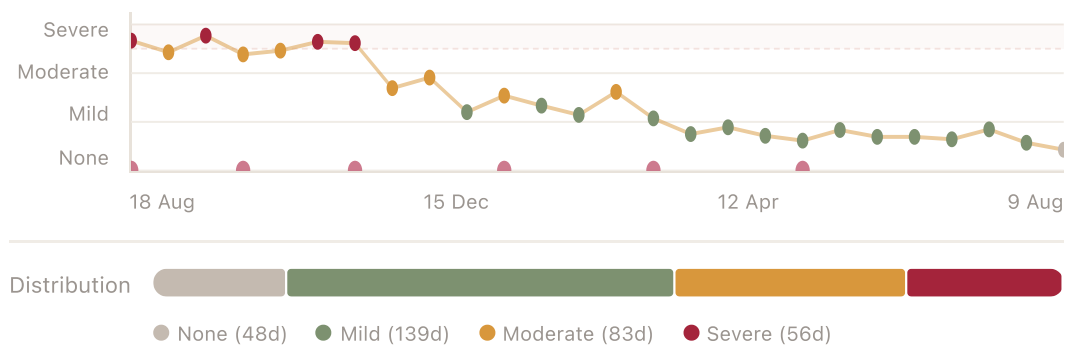
Joint / muscle pain

311 of 357 days · avg Mild · ↓ Improving



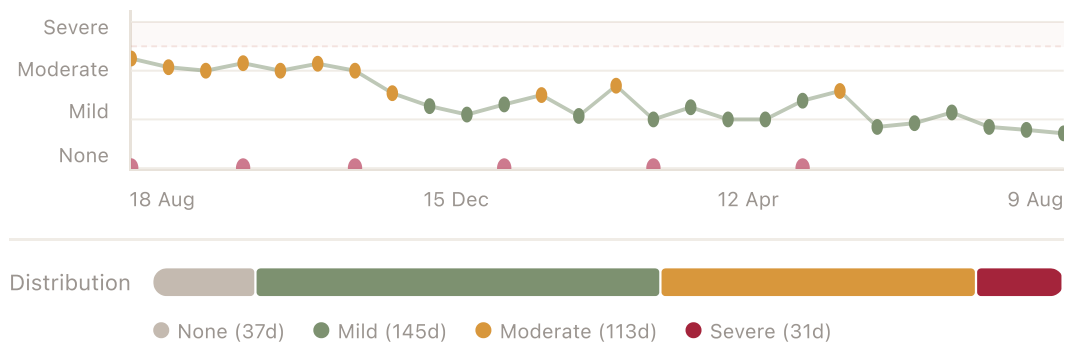
Hot flashes

278 of 357 days · avg Mild · ↓ Improving



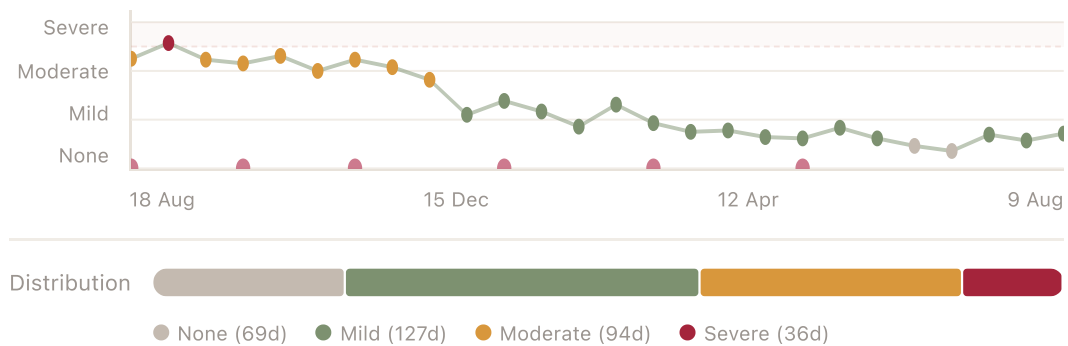
Rage / irritability

289 of 357 days · avg Mild · ↓ Improving



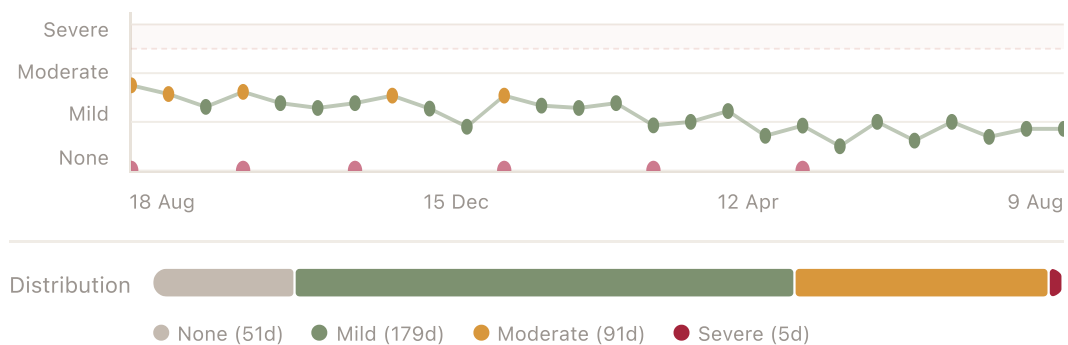
Night sweats

257 of 357 days · avg Mild · ↓ Improving



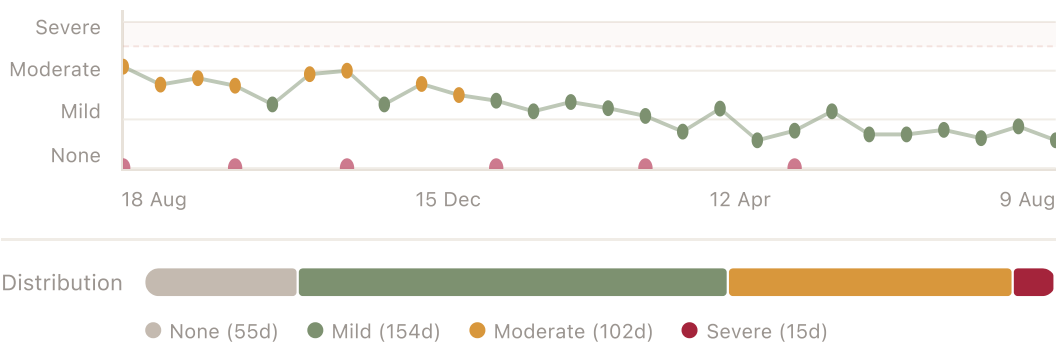
Headaches / migraines

275 of 357 days · avg Mild · ↓ Improving



Low mood / emotional swings

271 of 357 days · avg Mild · ↓ Improving



WEEK-OVER-WEEK

SYMPTOM	THIS WEEK	LAST WEEK	CHANGE
Sleep disruption	Mild	Mild	→ Stable
Anxiety / overwhelm	Mild	Mild	↑ Worsening
Joint / muscle pain	Mild	Mild	→ Stable

LIFESTYLE FACTORS

Alcohol	55 of 357 days (15%)
Stressful Day	45 of 357 days (13%)
Illness / disruption	6 of 357 days (2%)
Exercise / Movement	109 of 357 days (31%)

Your Patterns

How lifestyle factors relate to your symptoms

You tend to rate anxiety / overwhelm higher on stressful days

45 days · Moderate vs 281 days · Mild

You tend to rate rage / irritability higher on stressful days

45 days · Moderate vs 281 days · Mild

You tend to rate night sweats higher on days you drink

55 days · Moderate vs 271 days · Mild

HRT

Estrogel transdermal · daily	234 / 247 days
Prometrium 100 mg oral · daily	236 / 247 days
Estrogel updated 2026-02-20	

SUPPLEMENT ADHERENCE

Magnesium glycinate (300 mg · capsule · glycinate)	90% · 290/324 days
Vitamin D3 (1000 IU · capsule)	84% · 236/280 days

CONVERSATION STARTERS FOR YOUR DOCTOR

CONVERSATION STARTER

"I've been tracking my perimenopause symptoms for the past 11 months. My most impactful symptoms are sleep disruption and anxiety / overwhelm, with sleep disruption averaging moderate severity on 304 of 357 days. I'd like to discuss my options for managing these."

MEDICATION DISCUSSION

"I'm on Estrogel and Prometrium 100 mg, but I'm still experiencing sleep disruption on 304 of 357 days, averaging moderate severity. Can we discuss adjustments?"

🌿 LIFESTYLE DISCUSSION

"I've noticed that on the 45 days I recorded stressful day, my anxiety / overwhelm averaged moderate compared to mild on other days. Could we discuss whether that pattern seems associated with my symptoms?"

* Conversation starters are based on your tracked data, not medical recommendations.

Generated by **Sulu**, the perimenopause symptom tracker.

This is not a medical document. Conversation starters are based on tracked data, not medical recommendations. Illustrative data: this sample was generated from a synthetic demonstration dataset ("Sample Patient" is fictional), not real user data.



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