



Patient's Journey Report:

Miss Priya Panchwani

A Path to Hormonal Harmony



Introduction

This report documents the patient journey of Miss Priya Panchwani, a 20-year-old female diagnosed with PCOS. The report outlines her diagnosis, the rationale for choosing Holistic Treatment at L&B clinics, the treatment process, and her recovery journey.

Patient Information

- **Name:** Priya Panchwani
 - **Sex:** Female
 - **Age:** 20 years
 - **Occupation:** Student
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Initial Complaints:

Priya Panchwani presented with the following symptoms:

- Delayed menarche (onset of menstruation)
- Menstruation occurring only after medication
- Thick coarse hair growth on the chin
- Weakness
- Back pain

Diagnosis:

- **Condition:** Polycystic Ovary Syndrome (PCOS)
- **Date of Diagnosis:** 20th February 2024

[Case Sheet of Priya]

PCOS Overview:

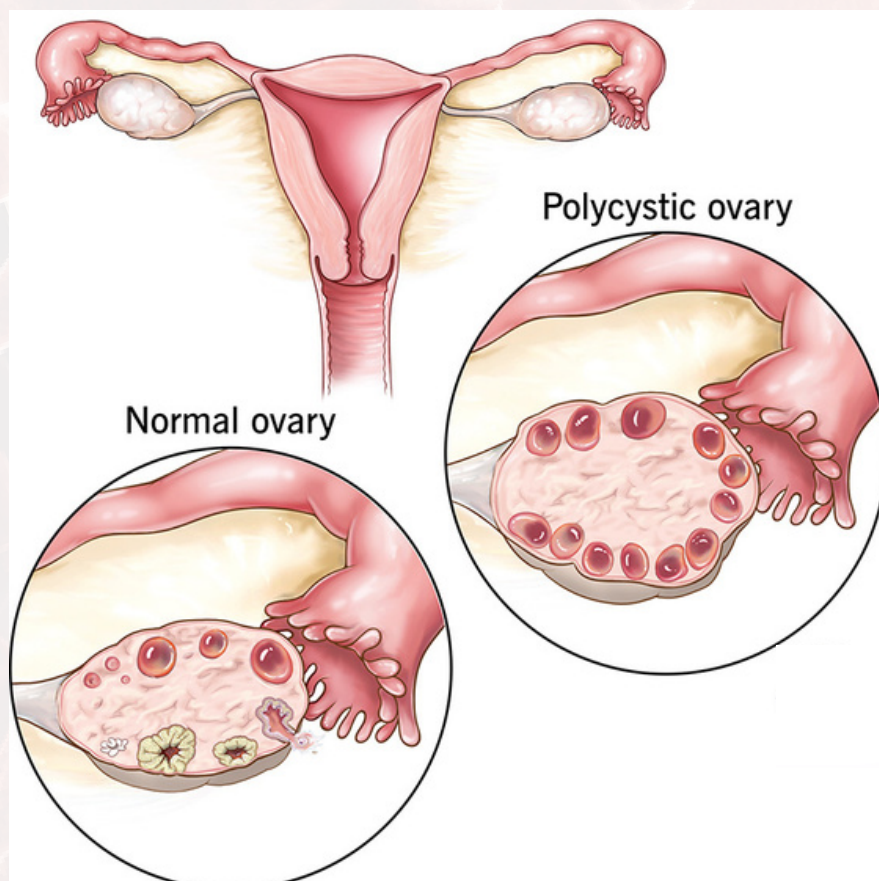
Polycystic ovary syndrome (PCOS) is a common hormonal condition that affects women of reproductive age. It usually starts during adolescence, but symptoms may fluctuate over time.

PCOS can cause hormonal imbalances, irregular periods, excess androgen levels, and cysts in the ovaries. Irregular periods, usually with a lack of ovulation, can make it difficult to become pregnant. PCOS is a leading cause of infertility.

Key facts

- Polycystic ovary syndrome (PCOS) affects an estimated 8–13% of reproductive-aged women.
- Up to 70% of affected women remain undiagnosed worldwide.
- PCOS is the most common cause of anovulation and a leading cause of infertility.
- PCOS is associated with a variety of long-term health problems that affect physical and emotional well-being.

[WHO]



Treatment Plan:

Priya was enrolled in a HOLISTIC treatment plan at L&B clinics, starting from 20th February 2024.

Initial Visit and Treatment Initiation:

- Date: 20th February 2024
- Medications Prescribed: HOLISTIC treatment focusing on lifestyle modifications, dietary changes, and natural supplements.
- Initial Instructions: Regular monitoring of symptoms and adherence to prescribed treatment.

First Follow-up: 21st March 2024

Observations:

- Thick Albuminous & Offensive Discharge: Slight Improved
- Mood Swings: Improved
- Absence of Menses: No change
- Thick Hairs on Chin and Face: No change
- Acne: Slight improvement

Adjustments: Continued the same treatment plan, with emphasis on maintaining dietary changes and lifestyle modifications.

Second Follow-up: 3rd May 2024

Observations:

- Thick Albuminous & Offensive Discharge: Continued improvement
- Mood Swings: Continued improvement
- Absence of Menses: No change
- Thick Hairs on Chin and Face: Continued improvement
- Acne: Slight improvement

Adjustments: Continued monitoring and maintaining the HOLISTIC treatment plan.

Third Follow-up: 25th June 2024

Observations:

- Overall Relief in Complaints: Slight overall relief noted

Special Instructions: Advised to avoid dairy products to reduce inflammation and hormonal imbalance.

Follow-up Interval: Changed to every 14 days to closely monitor progress and make timely adjustments.

Current Status and Summary:

Priya Panchwani has been under the HOLISTIC treatment plan at L&B clinics for approximately five months. During this period, the significant progress has been observed. The patient has shown a positive response to dietary changes and lifestyle modifications, which are integral parts of the HOLISTIC treatment plan.

Future Plan:

- **Continued HOLISTIC Treatment:** The focus will remain on natural remedies, lifestyle changes, and dietary modifications to address the root causes of PCOS.
- **Regular Monitoring:** Follow-ups every 14 days to track progress and adjust treatment as necessary.
- **Dietary Adjustments:** Continued avoidance of dairy products and incorporation of anti-inflammatory foods.
- **Support and Counseling:** Ongoing support for mental health and emotional well-being, addressing mood swings and stress management.

Conclusion

L&B clinics remain committed to supporting Priya Panchwani in her journey toward complete recovery from PCOS, with the goal of achieving regular menstrual cycles, reducing facial hair growth, and enhancing overall well-being.

Attached Reports:

- Before L&B treatment: [\[reports link\]](#)
- During L&B treatment: [\[reports link\]](#)

“Healing Beyond Boundaries”



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