

Health Summary Report, Sofia

Period covered: January 3, 2026 to April 17, 2026

55 entries logged across 105 days

APPOINTMENT PREPARATION SUMMARY

Sofia has been tracking her health across 55 logged days in this period. This appointment has 13 urgent items requiring discussion, primarily related to "Possible lump in my breast. Found it in the shower. Trying not to panic but I am scared." first noted February 4, 2026. Sleep quality has been mixed during this period. The most frequently logged mood was Calm, recorded 19 times. 15% of logged days had no symptoms recorded.

MUST DISCUSS

13

URGENT ITEMS

WORTH MENTIONING

10

ITEMS FLAGGED

QUESTIONS FOR DOCTOR

3





PATIENT QUESTIONS

CLINICAL SNAPSHOT

FLAGGED SYMPTOMS — MUST DISCUSS

Breast Tenderness Lump Fatigue
Headache Palpitations Heartburn

SLEEP TREND — NIGHTLY AVERAGE

Jan  7.1 hrs
Feb  5.2 hrs
Mar  5.1 hrs
Apr  5.4 hrs

Declining — down 1.7 hrs since January

ALL SYMPTOMS BY FREQUENCY

Breast Tenderness x18

Lump x14

Hot Flash x12

Fatigue x8

Brain Fog x7

Weight Changes x6

Headache x5

MOOD PATTERN

Shifted from Calm to Anxious

Anxious mood present on 100% of days lump was logged.

Night Sweats x5

Mood Changes x4

Skin Changes x4

MUST DISCUSS AT THIS APPOINTMENT

● FLAGGED AS URGENT BY THE PATIENT

FEBRUARY 4, 2026

Lump Breast Tenderness

"Possible lump in my breast. Found it in the shower. Trying not to panic but I am scared."

FEBRUARY 5, 2026

Lump Breast Tenderness

"Pretty sure it's a lump. Can feel it clearly. Made appointment with doctor."

FEBRUARY 6, 2026

Lump Breast Tenderness Fatigue Heartburn

"It's a lump for sure. Barely slept. Scared and exhausted."

FEBRUARY 17, 2026

Lump Breast Tenderness

"Can't stop checking it. It feels bigger."

FEBRUARY 27, 2026

Lump Breast Tenderness Fatigue

"Lump still there. Appointment is next week. Trying to hold it together."

MARCH 3, 2026

Lump Breast Tenderness

"Lump is definitely bigger. The size of a small grape maybe."

MARCH 5, 2026

Headache Palpitations

"Heart was racing this afternoon. Blood pressure felt high. Need to check my medication."

MARCH 6, 2026

Lump Breast Tenderness

"Lump is getting bigger about the size of an acorn."

MARCH 15, 2026

Lump Breast Tenderness Palpitations

"Blood pressure checked at pharmacy. 145/95. Higher than it should be. Need to talk to doctor about adjusting meds."

MARCH 23, 2026

Lump Breast Tenderness

"Still growing I think. Hard to tell. I check it too much."

MARCH 30, 2026

Lump Breast Tenderness Palpitations

"Heart racing again. Blood pressure must be up. Scared about all of this together."

APRIL 1, 2026

Lump Breast Tenderness

"Lump is the size of a walnut. This is not going away on its own."

APRIL 9, 2026

Lump Breast Tenderness

"Still convinced I have a large lump. Doctor appointment tomorrow. Terrified and relieved at the same time."

WORTH MENTIONING

FLAGGED AS WORTH MENTIONING

JANUARY 18, 2026

Breast Tenderness

Heartburn

JANUARY 22, 2026

Hot Flash

Mood Changes

"Two hot flashes today. Starting to wonder if this is perimenopause starting."

FEBRUARY 8, 2026

Fatigue

Lump

"Still worried about the lump. Trying to stay calm. Eating too much."

FEBRUARY 21, 2026

Skin Changes

"Noticed a rash on my left arm. Red and itchy. Not sure if related to stopping the pill."

MARCH 8, 2026

Skin Changes

"Rash is still there on my arm. Spreading a little. Itchy at night."

MARCH 17, 2026

Hot Flash

MARCH 21, 2026

Skin Changes

Hot Flash

"Rash getting worse. Going to ask doctor about it too."

MARCH 27, 2026

Night Sweats

Hot Flash

Urinary Changes

Mood Changes

APRIL 2, 2026

Fatigue

Lump

Breast Tenderness

APRIL 8, 2026

Fatigue

Cramps

Headache

Nausea

"Tired and irritated. Everything is too much today."

QUESTIONS FOR MY DOCTOR

PATIENT QUESTIONS FOR THIS APPOINTMENT

FEBRUARY 9, 2026

Breast Tenderness

"There might be a lump in the other breast on the right side. Or I'm imagining things."

MARCH 11, 2026

"Are your feet supposed to turn blue? Mine looked strange this morning. Might be nothing."

MARCH 13, 2026

Hot Flash

Night Sweats

Mood Changes

"Tiny bit of spotting. First time since stopping the pill. Not sure if that is normal."

EXERCISE & ACTIVITY

1

ACTIVE DAYS

54

REST DAYS

45 min

AVG. DURATION

ACTIVITY BREAKDOWN

Walk x1

On days with exercise, energy was Normal 100% of the time vs 41% on rest days.

On exercise days, mood was Calm 100% of the time.

MOOD & SYMPTOM CORRELATION

Mood shifted from Calm to Anxious in February (9 days prior month, 9 days this month).

On days Lump was logged, Anxious mood appeared 100% of the time (14 of 14 days).

On days Breast Tenderness was logged, Anxious mood appeared 83% of the time (15 of 18 days).

On days Fatigue was logged, Anxious mood appeared 50% of the time (4 of 8 days).

On days Heartburn was logged, Calm mood appeared 50% of the time (1 of 2 days).

On days Palpitations was logged, Anxious mood appeared 100% of the time (3 of 3 days).

Energy was Normal on 88% of symptom-free days, suggesting symptom burden is the primary energy driver.

SLEEP QUALITY TREND

JAN
Mixed
Avg 7.1 hrs

FEB
Mixed
Avg 5.2 hrs

MAR
Mixed
Avg 5.1 hrs

APR
Mixed
Avg 5.4 hrs



● Great/Good 42% ● Restless 27% ● Poor 22% ● Night sweats 9%

Overall average: 5.7 hrs/night (55 nights logged)

OVERVIEW

55

DAYS LOGGED

26

FLAGGED ENTRIES

41

JOURNAL ENTRIES

13

MUST DISCUSS

DAY QUALITY BREAKDOWN



● No symptoms 15% (8 days) ● Symptoms 38% (21 days) ● Flagged 47% (26 days)

MOST COMMON MOOD

Calm

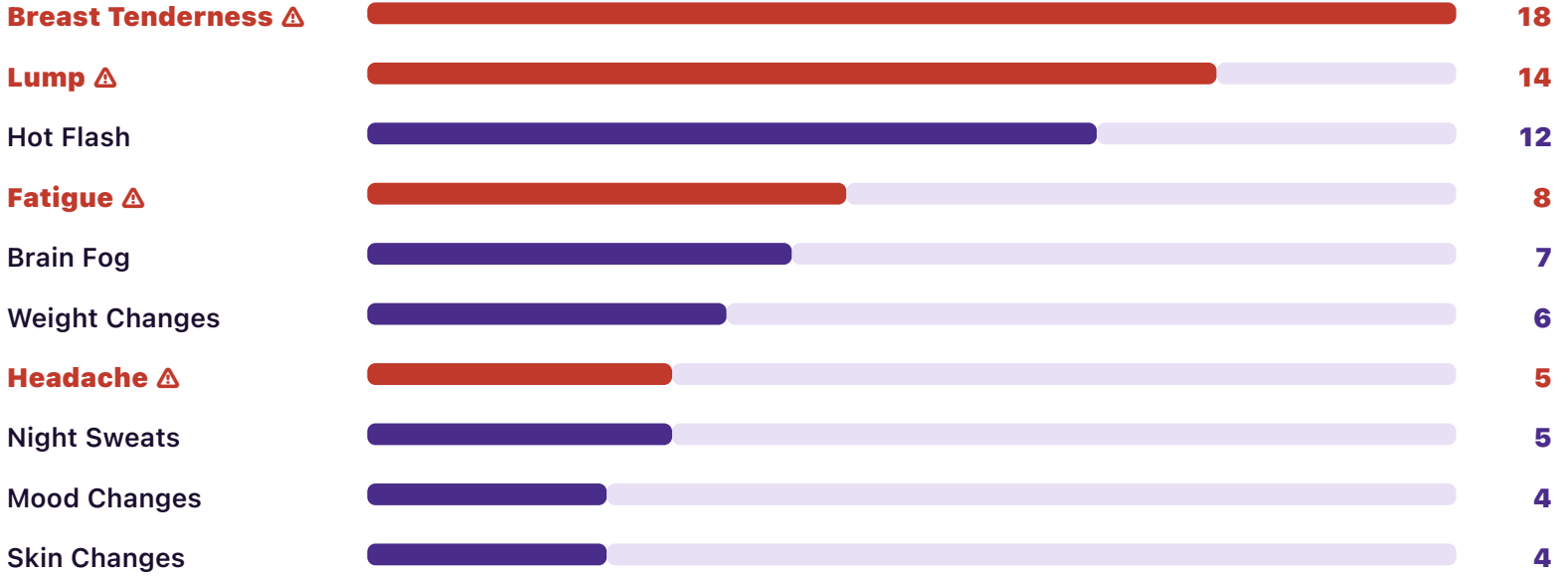
Logged 19 times

MOST COMMON ENERGY

Low

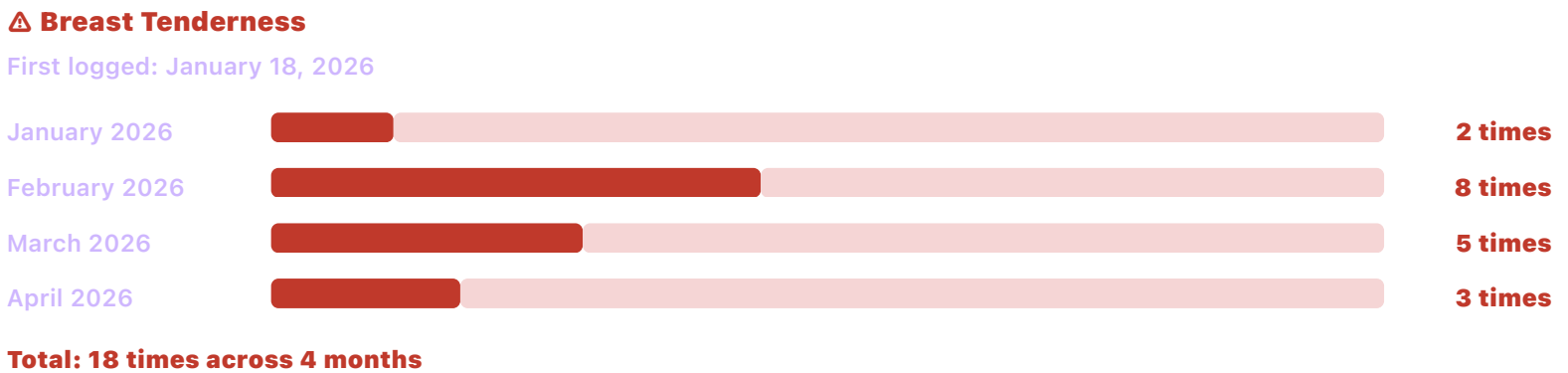
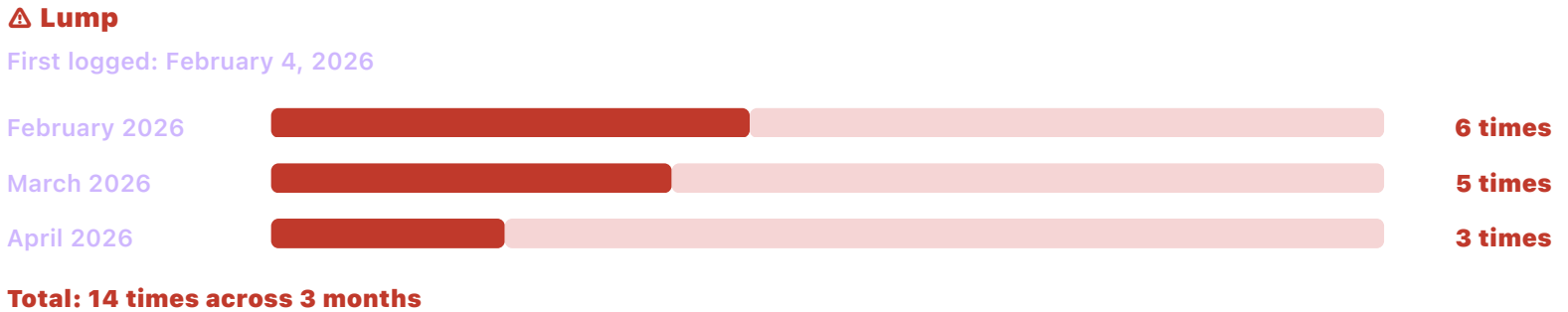
Logged 27 times

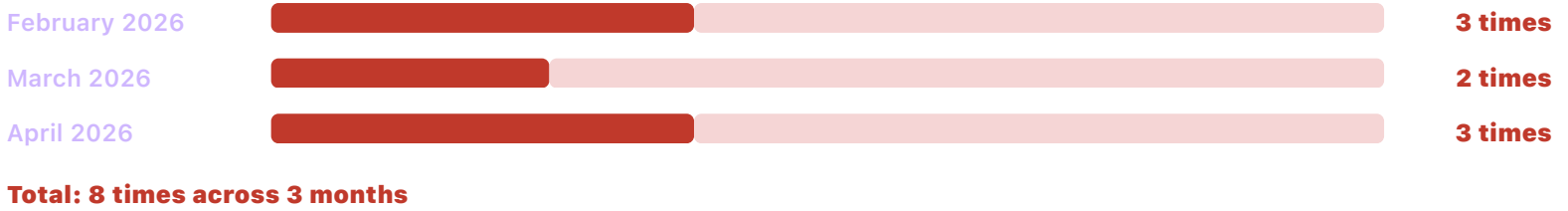
SYMPTOM FREQUENCY



FLAGGED SYMPTOM TIMELINE

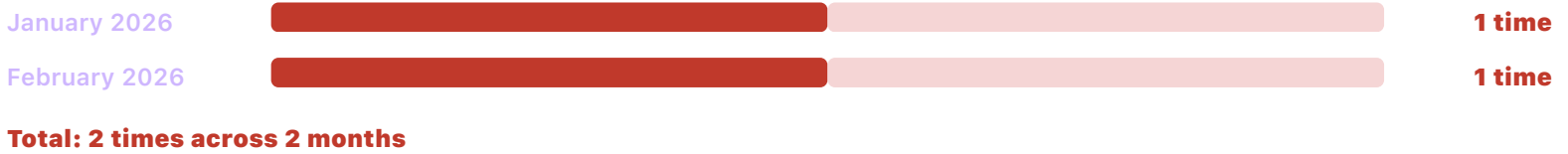
Progression of symptoms flagged as Must Discuss, showing when they first appeared and monthly frequency.





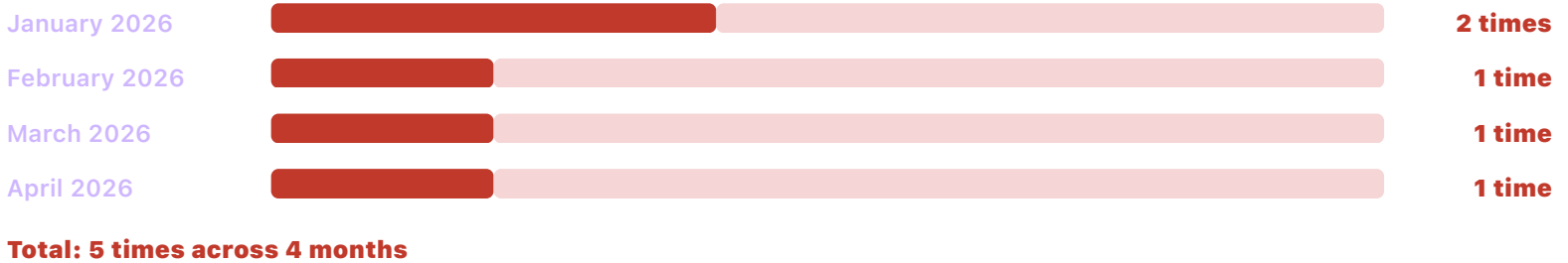
⚠ Heartburn

First logged: January 18, 2026



⚠ Headache

First logged: January 7, 2026



⚠ Palpitations

First logged: March 5, 2026



SYMPTOM PATTERNS

Symptoms that frequently appear together, suggesting possible connections.

| | |
|--------------------------|---------------------------------|
| Breast Tenderness + Lump | 24% of logged days (13x) |
| Hot Flash + Night Sweats | 9% of logged days (5x) |
| Hot Flash + Mood Changes | 7% of logged days (4x) |
| Fatigue + Lump | 7% of logged days (4x) |

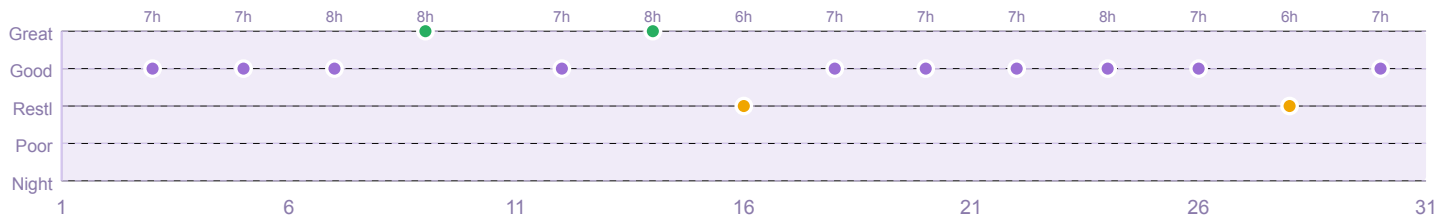
MOOD AND ENERGY BY MONTH

| MONTH | DOMINANT MOOD | DAYS | DOMINANT ENERGY | DAYS |
|----------|---------------|------|-----------------|------|
| January | Calm | 9 | Normal | 11 |
| February | Anxious | 9 | Low | 11 |
| March | Anxious | 6 | Low | 10 |
| April | Anxious | 3 | Low | 4 |

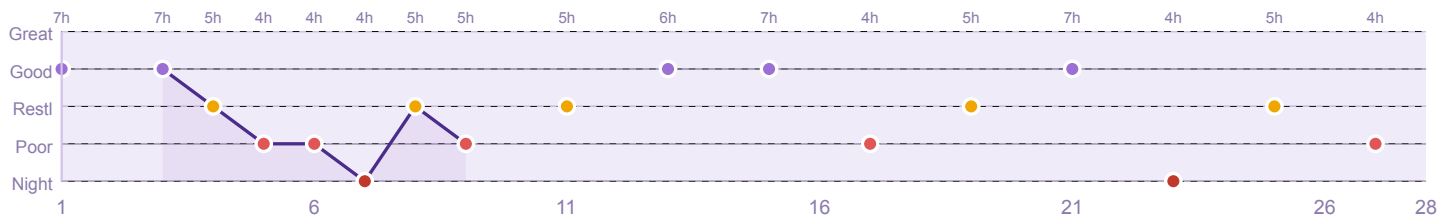
SLEEP QUALITY BY MONTH

Sleep quality and hours reflect the previous night, as logged.

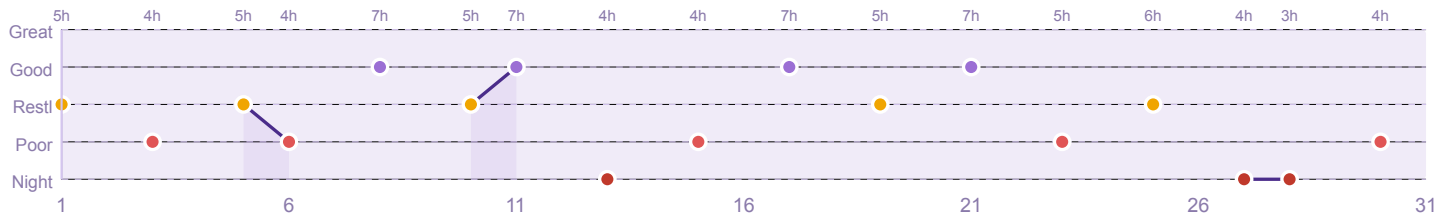
JANUARY 2026 — AVG 7.1 HRS (14 NIGHTS LOGGED)



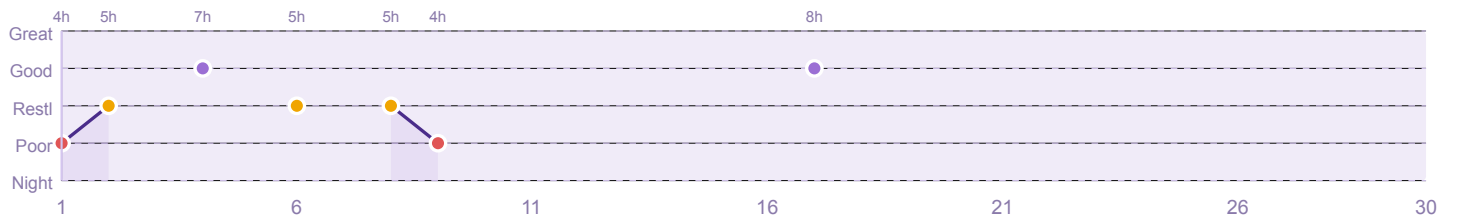
FEBRUARY 2026 — AVG 5.2 HRS (17 NIGHTS LOGGED)



MARCH 2026 — AVG 5.1 HRS (17 NIGHTS LOGGED)



APRIL 2026 — AVG 5.4 HRS (7 NIGHTS LOGGED)



● Great ● Good ● Restless ● Poor ● Night Sweats

VIDASONA

Generated on April 17, 2026

This report is a personal health journal summary. It is not a medical record or diagnosis. All information was entered by the patient and is presented verbatim.