Brisalia | Perimenopause & Menopause Tracker

Treatment review

Report period 15 Aug 2026 – 6 Nov 2026 **Exported** 20 Nov 2026 **Diary coverage** 77 of 84 days logged

HER QUESTIONS AND CONCERNS

- I had some light bleeding. Should the patch dose be adjusted?

PERIOD AND RECORDS

12 Sept – 6 Nov 2026 · 50 of 56 days logged

LOGGED MEDICATION

Hormone patch · 50 mcg

since 12 Sept 2026

12 Sept 2026 · Start
10 Oct 2026 · Dose change: 25 mcg → 50 mcg

PRIORITY SYMPTOMS (CHOSEN BY HER)

Dose change: 25 mcg → 50 mcg · 10 Oct 2026

	4 weeks before 12 Sept – 9 Oct · 24 of 28 days logged	After 10 Oct – 6 Nov · 26 of 28 days logged
Hot flashes	19 of 24 logged days · mean 2.7/5	19 of 26 logged days · mean 3.0/5
Night sweats	13 of 24 logged days · mean 2.8/5	17 of 26 logged days · mean 3.1/5
Poor sleep	9 of 24 logged days · mean 2.6/5	11 of 26 logged days · mean 3.0/5
Brain fog	4 of 24 logged days · mean 2.0/5	3 of 26 logged days · mean 2.3/5
Doses logged as taken	7 of 8 · 1 not logged	8 of 8

Also changed in this period: Hormone patch, start (12 Sept)

Days with bleeding or spotting: 0 before · 4 after

The report shows what she logged; it doesn't show whether one thing caused another.
Days not logged don't count as days without symptoms, or as doses not taken.
Brisalia compares when each period has at least 7 logged days.

Patient-reported diary. Brisalia is not a medical device. It does not diagnose conditions or recommend treatments.
Your diary is stored on your device. Exported PDF copies are separate from the diary.
For healthcare professionals: brisalia.app/en/profesionales

Details

TIMELINE

12 Sept 2026 · Start
10 Oct 2026 · Dose change: 25 mcg → 50 mcg

OTHER CHANGES COMPARED

Start · 12 Sept 2026

	4 weeks before 15 Aug – 11 Sept · 27 of 28 days logged	After 12 Sept – 9 Oct · 24 of 28 days logged
Hot flashes	25 of 27 logged days · mean 3.2/5	19 of 24 logged days · mean 2.7/5
Night sweats	15 of 27 logged days · mean 3.1/5	13 of 24 logged days · mean 2.8/5
Poor sleep	11 of 27 logged days · mean 2.7/5	9 of 24 logged days · mean 2.6/5
Brain fog	7 of 27 logged days · mean 2.1/5	4 of 24 logged days · mean 2.0/5
Doses logged as taken	—	7 of 8 · 1 not logged

Days with bleeding or spotting: 4 before · 0 after

HOW HER SYMPTOMS AFFECT HER

Start · 12 Sept 2026

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Dose change: 25 mcg → 50 mcg · 10 Oct 2026

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From 0 (not at all) to 4 (a lot), as rated by her.

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