

Seen. Clinical Detail Report

Erin Vasquez

May 19, 2026 to July 18, 2026

47 days logged

Generated 7/18/2026

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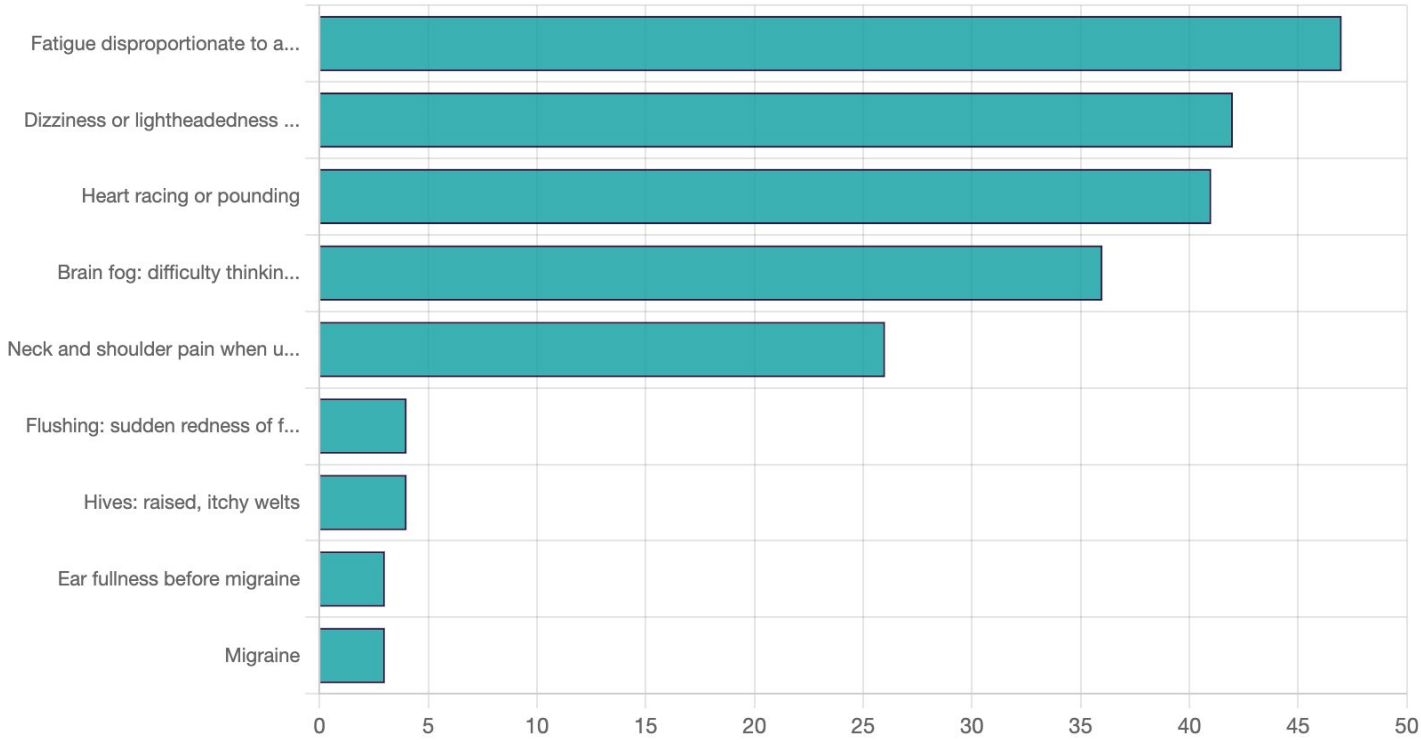
Profile

Name: Erin Vasquez
Date of birth: 1991-03-14
Sex: female
Pronouns: she/her
Blood type: O+
Allergies & sensitivities: Sulfa drugs (rash). Wine and aged cheese (flushing, hives).

Diagnoses

- POTS (Postural Orthostatic Tachycardia Syndrome)
- Hypermobility Spectrum Disorder (HSD)
- Episodic Migraine
- Suspected MCAS (workup in progress)

Symptom Frequency



Full symptom list

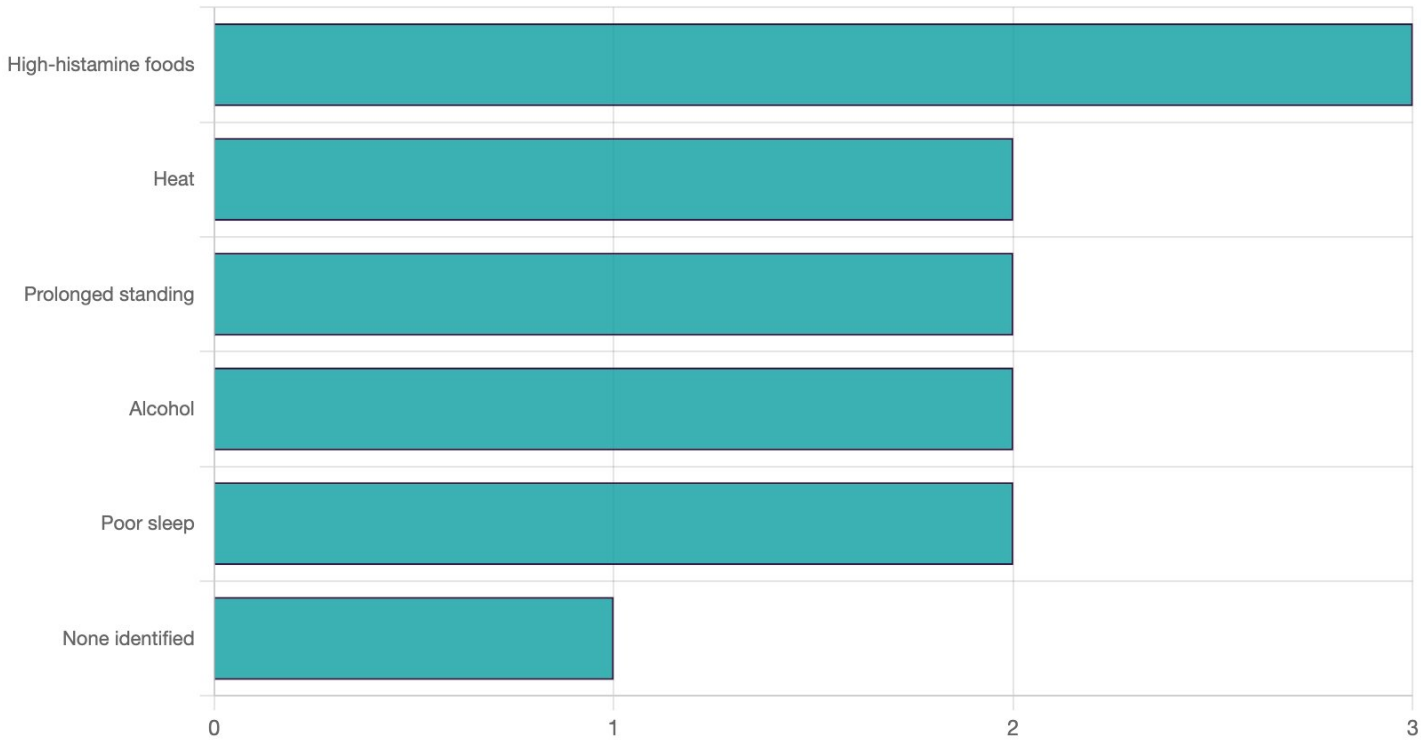
Fatigue disproportionate to activity level	47
Dizziness or lightheadedness on standing	42
Heart racing or pounding	41
Brain fog: difficulty thinking clearly	36
Neck and shoulder pain when upright	26
Flushing: sudden redness of face, neck, or chest	4
Hives: raised, itchy welts	4
Ear fullness before migraine	3
Migraine	3

Monthly Symptom Counts

	2026		
	May*	Jun	Jul*
Fatigue disproportionate to activity level	11	22	14
Dizziness or lightheadedness on standing	10	19	13
Heart racing or pounding	10	19	12
Brain fog: difficulty thinking clearly	6	16	14
Neck and shoulder pain when upright	6	12	8
Flushing: sudden redness of face, neck, or chest	1	2	1
Hives: raised, itchy welts	1	2	1
Ear fullness before migraine		3	
Migraine		3	

* Partial month: the record begins May 19, 2026, and the current month is still in progress.

Triggers



High-histamine foods	3
Heat	2
Prolonged standing	2
Alcohol	2
Poor sleep	2
None identified	1

Medications

- Cetirizine (10 mg) Once daily, morning
- Famotidine (20 mg) Twice daily, morning & evening
- Propranolol (10 mg) As needed

Activities Summary

Showering / bathing	32 times
Resting	21 times
Working at desk	18 times
Stretching	18 times
Walking	17 times
Cooking	14 times
Napping	6 times
Errands	5 times
Time in nature	1 time
Cousin's wedding (standing, heat, worth it)	1 time

Daily Notes

- Jul 3** No idea what set this off.
- Jun 26** Paying for the wedding. Still worth it.
- Jun 17** Small glass of wine. Some flushing but noticeably milder than last time.
- Jun 12** [Famotidine] Started famotidine today (Dr. M).
- Jun 7** Bad week. Couldn't log. Back now.
- May 29** Wine and a cheese board at book club. Face on fire within the hour.
- May 27** 90 degrees out. Watered the garden. Shouldn't have.

Daily Check-In

Jul 16	HR 80 bpm
Jul 14	HR 79 bpm
Jul 12	Water 56 oz
Jul 11	Water 72 oz · Bowel movements: 1 (Bristol 1; brown) · Urination: 6 times, urgency mild, volume typical, color yellow
Jul 9	Bowel movements: 1 (Bristol 7; brown) · Urination: 6 times, urgency mild, volume typical, color yellow
Jul 8	Water 56 oz · Bowel movements: 1 (Bristol 4) · Urination: 9 times, volume typical, color pale
Jul 6	Bowel movements: 1 (Bristol 4; brown) · Urination: 7 times, volume typical, color pale
Jul 5	Bowel movements: 1 (Bristol 3; brown) · Urination: 8 times, urgency mild, volume typical, color pale
Jul 4	Water 40 oz
Jul 3	Bowel movements: 1 (Bristol 7; brown) · Urination: 7 times, urgency mild, volume typical, color yellow
Jul 2	HR 90 bpm
Jul 1	Water 48 oz · Bowel movements: 1 (Bristol 3; brown) · Urination: 8 times, volume typical, color pale
Jun 30	Water 40 oz
Jun 29	Water 48 oz · HR 81 bpm
Jun 28	HR 94 bpm · Bowel movements: 2 (Bristol 7, 7; brown, yellow) · Urination: 10 times, urgency mild, volume typical, color pale
Jun 27	Water 72 oz · HR 99 bpm · Urination: 7 times, volume typical, color yellow
Jun 26	Water 56 oz · Urination: 9 times, urgency mild, volume typical, color pale
Jun 25	Water 64 oz · Flow light
Jun 24	Water 56 oz · HR 85 bpm · Flow medium · Bowel movements: 1 (Bristol 4; brown) · Urination: 10 times, urgency mild, volume typical, color yellow
Jun 23	Flow heavy · cramps moderate · Bowel movements: 2 (Bristol 6, 6; brown, brown) · Urination: 7 times, urgency mild, volume typical, color pale
Jun 22	Water 72 oz · Flow heavy · cramps severe
Jun 21	Water 72 oz · Flow medium · cramps moderate · Bowel movements: 1 (Bristol 3; brown) · Urination: 7 times, volume typical, color yellow
Jun 20	PMS moderate · Bowel movements: 2 (Bristol 7, 7; yellow, yellow) · Urination: 9 times, urgency mild, volume typical, color yellow
Jun 19	Water 64 oz · PMS moderate · Bowel movements: 1 (Bristol 4) · Urination: 8 times, urgency mild, volume low, color yellow
Jun 18	Water 72 oz · HR 83 bpm
Jun 17	Bowel movements: 2 (Bristol 7, 6; yellow, brown) · Urination: 8 times, urgency moderate, volume typical, color yellow

Jun 16	Water 72 oz · HR 90 bpm
Jun 13	Water 80 oz · HR 94 bpm · Bowel movements: 1 (Bristol 4; brown) · Urination: 6 times, volume typical, color yellow
Jun 12	Water 64 oz
Jun 10	Water 40 oz · HR 80 bpm
Jun 9	Bowel movements: 1 (Bristol 7; brown) · Urination: 7 times, urgency mild, volume typical, color pale
Jun 7	HR 92 bpm
Jun 1	Water 40 oz · HR 90 bpm · Urination: 9 times, volume low, color pale
May 29	Water 56 oz · Bowel movements: 1 (Bristol 6; yellow) · Urination: 8 times, urgency mild, volume low, color yellow
May 28	Water 48 oz · Flow spotting
May 27	Water 48 oz · Flow light
May 26	Water 64 oz · Flow medium · Bowel movements: 1 (Bristol 4; brown) · Urination: 9 times, urgency mild, volume typical, color yellow
May 25	Water 72 oz · HR 87 bpm · Flow heavy · cramps mild
May 24	Water 56 oz · Flow medium · cramps moderate · Bowel movements: 1 (Bristol 4; brown) · Urination: 8 times, volume low, color yellow
May 23	Water 48 oz · PMS mild
May 22	Water 40 oz · HR 79 bpm · Urination: 8 times, volume typical, color pale
May 21	Water 80 oz · HR 85 bpm · Bowel movements: 1 (Bristol 4) · Urination: 9 times, volume typical, color pale
May 20	Water 48 oz · Bowel movements: 1 (Bristol 3) · Urination: 9 times, urgency mild, volume typical, color yellow
May 19	Water 56 oz · HR 93 bpm · Bowel movements: 1 (Bristol 4; brown) · Urination: 8 times, volume low, color pale

Sleep & Capacity Log

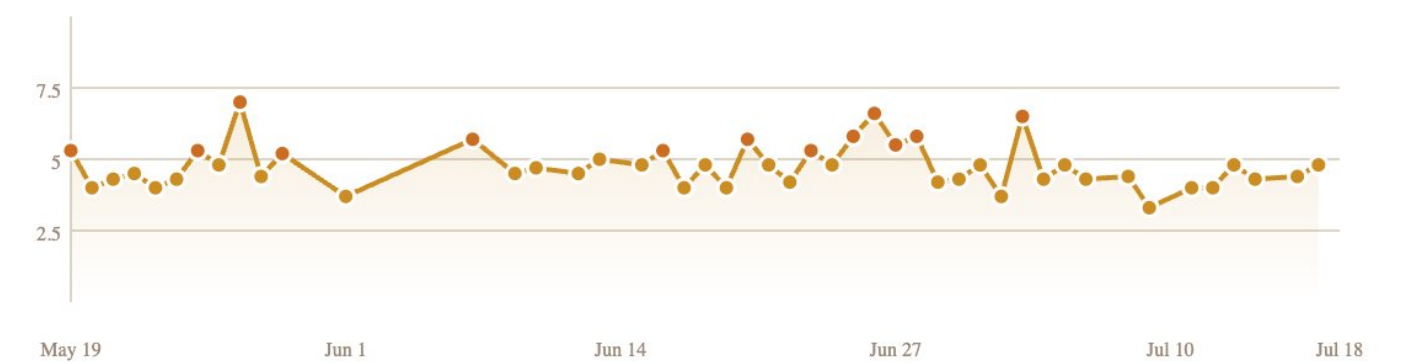
Time accounting reflects the user's daily 24-hour distribution between sleep, active hours, and recovery hours.

Date	Sleep	Up time	Down time
Jul 16	7h	11.5h	5.5h
Jul 14	6.5h	11.5h	6h
Jul 13	7h	9h	8h
Jul 12	8h	9.5h	6.5h
Jul 11	6.5h	9h	8.5h
Jul 9	7.5h	10.5h	6h
Jul 8	7h	9.5h	7.5h
Jul 6	7.5h	10h	6.5h
Jul 5	6.5h	11h	6.5h
Jul 4	7h	10h	7h
Jul 3	8h	3h	13h
Jul 2	7h	11.5h	5.5h
Jul 1	7.5h	11.5h	5h
Jun 30	6.5h	10.5h	7h
Jun 29	7h	10.5h	6.5h
Jun 28	8.5h	3.5h	12h
Jun 27	4.5h	3h	16.5h
Jun 25	4h	14h	6h
Jun 23	4.5h	3h	16.5h
Jun 22	4h	8.5h	11.5h
Jun 21	5h	9.5h	9.5h
Jun 20	4.5h	3h	16.5h
Jun 19	4h	9h	11h
Jun 18	4.5h	10.5h	9h
Jun 17	7.5h	11h	5.5h
Jun 16	6.5h	12h	5.5h
Jun 15	7h	11h	6h
Jun 13	8h	11h	5h
Jun 12	7.5h	11h	5.5h
Jun 10	6.5h	11h	6.5h
Jun 9	7.5h	11.5h	5h
Jun 1	7.5h	9.5h	7h
May 29	7.5h	11.5h	5h
May 28	7.5h	11.5h	5h
May 27	7h	10h	7h
May 25	7h	10.5h	6.5h
May 22	7h	11h	6h
May 21	7h	10.5h	6.5h
May 20	7h	10.5h	6.5h

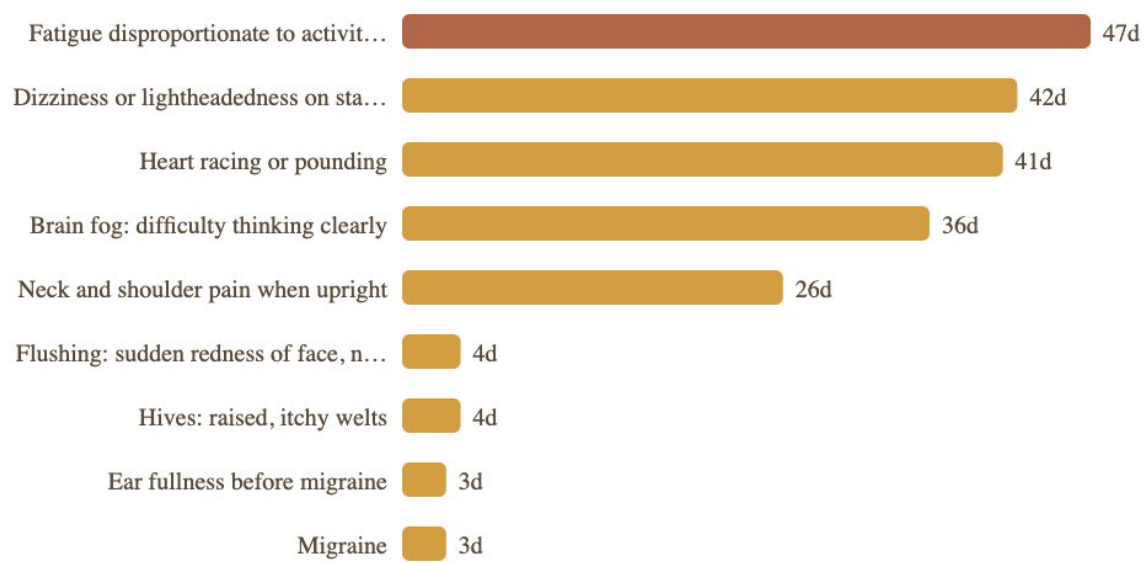
Date	Sleep	Up time	Down time
May 19	7.5h	9h	7.5h

Patterns & Trends

Severity over time



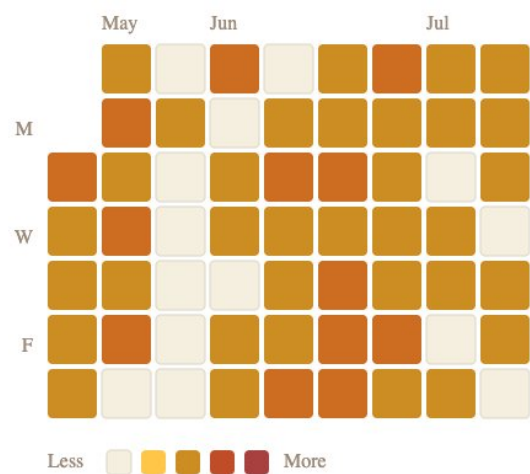
Most frequent symptoms



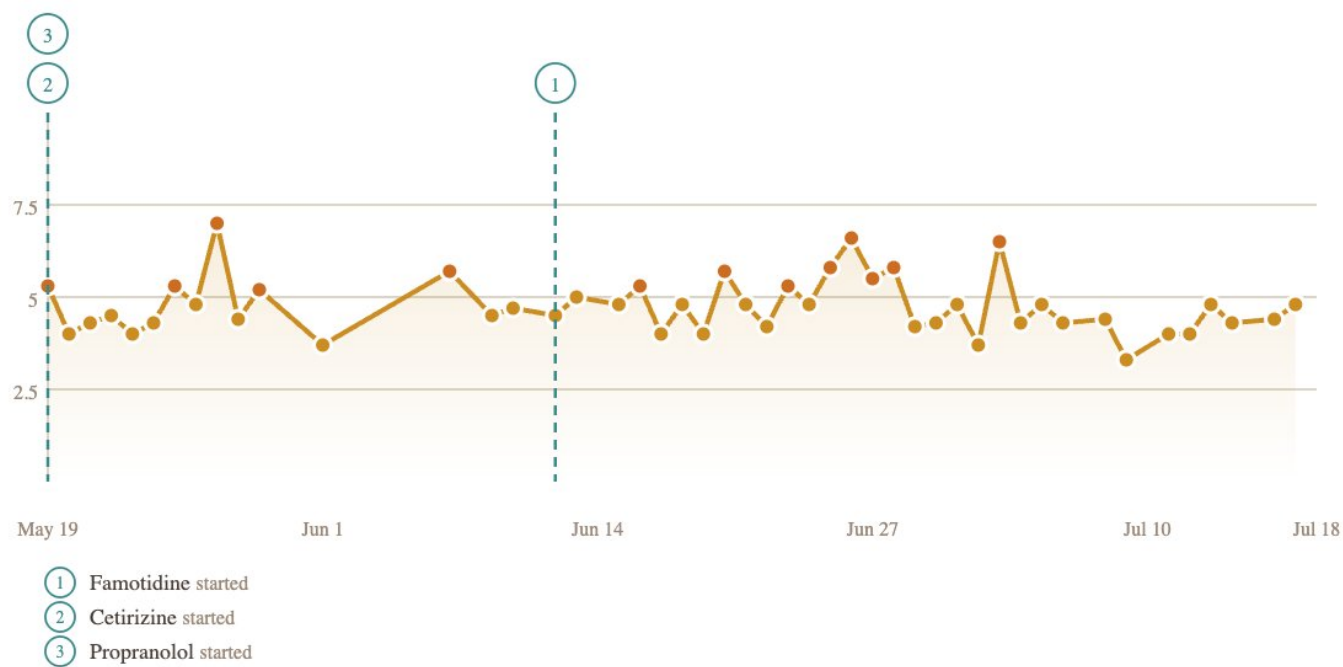
Trigger frequency



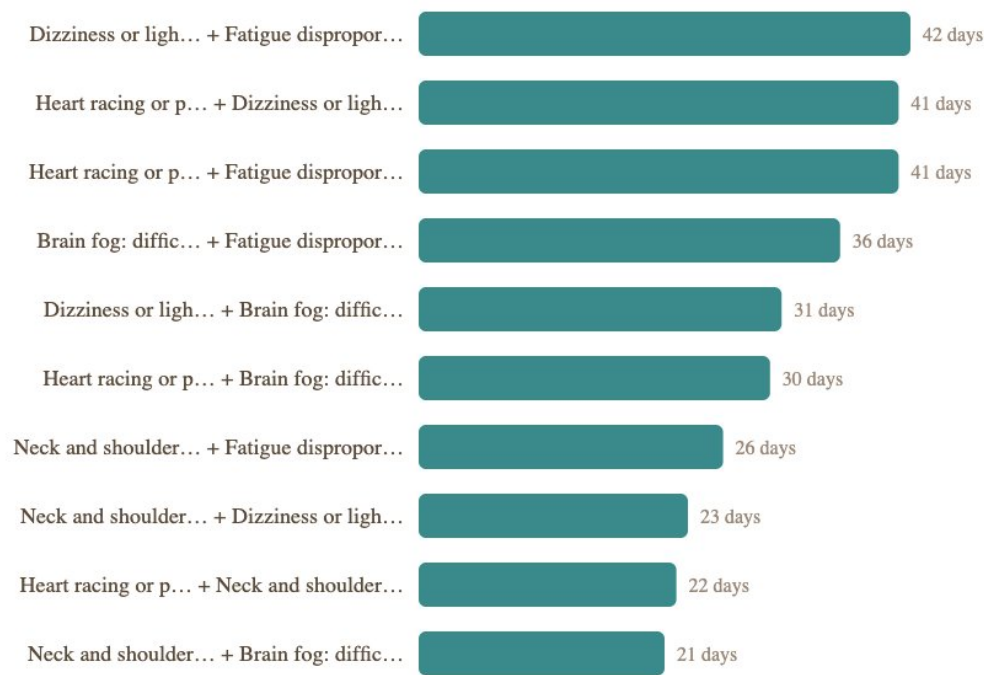
Severity heatmap



Medication timeline



Symptom co-occurrence



Trigger impact

