

Seen. Clinical Summary

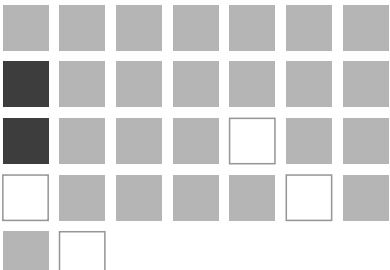
Erin Vasquez | Generated 7/18/2026

Period: May 19, 2026 to July 18, 2026 | 47 days logged

Top 10 Symptoms by Frequency

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

30-Day Severity Calendar



Filled = High (>=7) Half = Moderate (4-6) Outline = Low (1-3) Empty = no entry

Days with symptoms: 47 Average severity: 4.8

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.

Notable Events

- 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 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.

Active 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