

# Personalised Therapeutic Plan (PTP)

PTP ID: WHI-PTP-Initial |

Date: [REDACTED]

Author: Dr Rui Graça |

Reason: New Vital Blueprint patient (initial plan)

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## 1) Patient Overview & Motivation

- **Name:** [REDACTED]
  - **DOB:** [REDACTED] | **SNS (Utente):** [REDACTED] | **NIF:** [REDACTED]
  - **Gynecologic context:** [REDACTED]  
[REDACTED]  
[REDACTED]
  - **Primary goals:** [REDACTED]  
overall vitality.
  - **Key symptoms today:**  
[REDACTED]  
[REDACTED]  
[REDACTED]
- 

## 2) Key Lab Findings + Clinical Score Summary

Recent labs reviewed [REDACTED]:

- **Glycaemia:** [REDACTED]  
[REDACTED]
- **Lipids:** [REDACTED]  
[REDACTED]
- **Iron status:** [REDACTED]
- **Folate:** [REDACTED]  
[REDACTED]

- **Reproductive hormones (perimenopause, STAGING: early transition):**
  - E2 (estradiol) [REDACTED]
  - Progesterone [REDACTED]
  - LH [REDACTED], FSH [REDACTED]
  - Prolactin [REDACTED], DHEA [REDACTED]
- **Thyroid, liver, renal, cortisol:** [REDACTED]
- **Urine:** [REDACTED]

**Medications reported:**

[REDACTED]

**Past:** [REDACTED]

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### 3) Diagnostic Impressions & ICD-10 Codes

- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]

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### 4) Lifestyle Action Plan (next 8–12 weeks)

**Sleep**

- [REDACTED]
- [REDACTED]
- [REDACTED]

**Nutrition**

- [REDACTED]
- [REDACTED]
- [REDACTED]

- [Redacted]

**Exercise**

- [Redacted]

**Stress & Mindset**

- [Redacted]
- [Redacted]

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**5) Supplement Stack**

**Core**

- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]

*(All supplements to be paused 48–72 h before lab draws unless advised otherwise.)*

## 6) Medical Strategy

### HRT Focus (Perimenopause)

- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]

### Sexual Recovery (as and when needed)

- [REDACTED]
- [REDACTED]

## 7) Timeline & Targets

### Today

- [Redacted]
- [Redacted]

### Week 7 (bloods) – WHI will email panel

- [Redacted]
- [Redacted]
- [Redacted]

### Targets

- **Symptoms:**  
[Redacted]
- **Hormones:**  
[Redacted]
- **Iron:** [Redacted]
- **Lipids:** [Redacted]
- **Glycaemia:** [Redacted]

### Follow-ups

- [Redacted]
- [Redacted]

## 8) Safety Notes, Guides & Emergency Protocols

- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]

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### Orders & Scripts Summary (script issued today)

- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]