My summary for cardiology — a sample, Priya is made up

Patient-prepared, not a medical record · For: Cardiology · 6 Aug 2026 to 4 Nov 2026 · Written 4 Nov 2026

Conditions: Mast cell activation syndrome — suspected · Postural orthostatic tachycardia syndrome — diagnosed

Why I'm here

Dizziness when I stand up. Over the last three months I logged dizziness on standing on most working days, and more in hot spells. It eased on rest days.

I logged on 90 of 91 days. A day with nothing logged is unknown, not symptom-free.

At a glance

1. Dizziness on 43 of 90 days I logged · worst 8/10 on 29 Oct
2. Work tends to be followed by dizziness within hours — 40 of 63 times · 40 separate episodes · still there after accounting for my long runs of shifts
3. Fatigue on 25 of 90 days I logged · worst 7/10 on 9 Oct
4. Regular doses: 227 of 270 taken on the days I logged (84%) · most often not taken: Electrolytes 1 sachet (33)
5. Brain fog on 12 of 90 days I logged · worst 6/10 on 21 Oct

Symptoms, week by week · 6 Aug to 4 Nov

	6 Aug	10 Aug	17 Aug	24 Aug	31 Aug	7 Sep	14 Sep	21 Sep	28 Sep	5 Oct	12 Oct	19 Oct	26 Oct	2 Nov
Days I logged	4/4	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	2/3
Dizziness	1	4	4	3	4	3	5	1	2	4	5	5	2	
Fatigue	1		1	2	1	3	1	4	2	3	3	3	1	
Brain fog	1		1		1	1		2	3	1	1	1		
Palpitations	1	1				1		1			2		1	

Each square is how many days it was logged in that week — the darker, the more of the days I logged. The top row is the days I logged.

Questions I'd like to ask

- Could what I've logged be looked at against my diagnosis? (see 1)
- What else could I track before next time?

Doses, week by week · 6 Aug to 4 Nov

	6 Aug	10 Aug	17 Aug	24 Aug	31 Aug	7 Sep	14 Sep	21 Sep	28 Sep	5 Oct	12 Oct	19 Oct	26 Oct	2 Nov	Taken
Days I logged	4/4	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	2/3	
Compression tights all day	**3/4**	7/7	7/7	**5/7**	7/7	**5/7**	7/7	**5/7**	7/7	7/7	**6/7**	**6/7**	**6/7**	2/2	89%
Electrolytes 1 sachet	**4/8**	**12/14**	**12/14**	14/14	**13/14**	**9/14**	**12/14**	**11/14**	**12/14**	**13/14**	**11/14**	**11/14**	**10/14**	**3/4**	82%

Doses taken of those due; a number alone: taken when needed.

My medicines and supplements

Compression tights all day
Every day · 7:00 · 89% taken

Electrolytes 1 sachet
Every day · twice a day · 8:00, 13:00 · 82% taken

What tends to come before my symptoms

Patterns in my own records — what tends to follow what, not what causes it.

- Work tends to be followed by dizziness within hours · 40 of 63 times · 40 separate episodes · still there after accounting for my long runs of shifts

When my symptoms tend to start

- My fatigue tends to start in the evening — more than my other logs would suggest · 25 of 25 times
- My brain fog tends to start in the afternoon — more than my other logs would suggest · 12 of 12 times
- My dizziness tends to start in the afternoon — more than my other logs would suggest · 40 of 42 times

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Prepared by me from my own records, kept in the Bucket app. It is not a medical record and makes no diagnosis.