

How Mira assists in clinical evaluation and treatment

Case Reports with Dr. Tara Harding



Simply [you] Wellness

HEALTHCARE ALL ABOUT YOU

Case report: Patient #2

Patient background

33 year old female
TTC

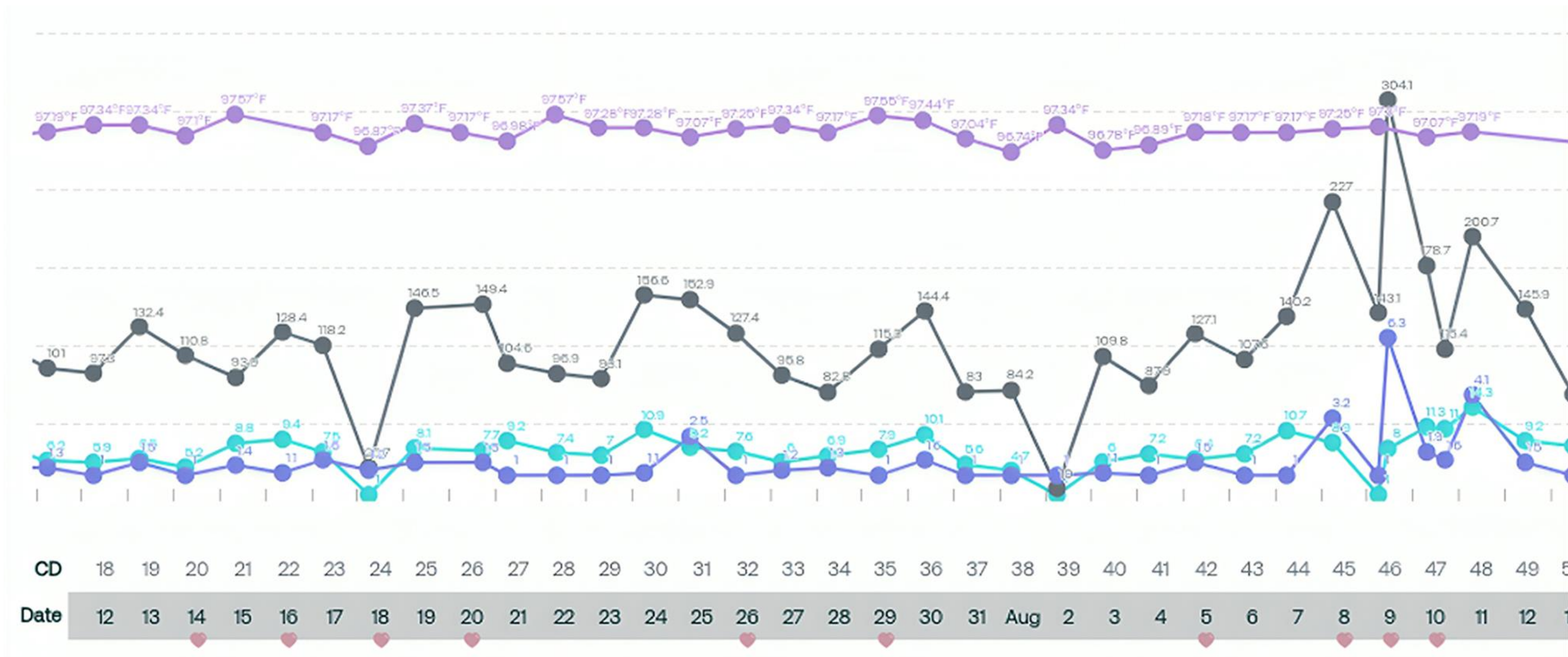
Weight: 179 lbs
Height: 63 in
BMI: 31.715

Amenorrhea

After initial visit implemented
a PCOS plan



Initial Mira Chart—July / August 2023



Mira data discovered:

- Lack of coordinated hormones
- Lack of LH surge
- Lack of PdG changes
- Continued amenorrhea

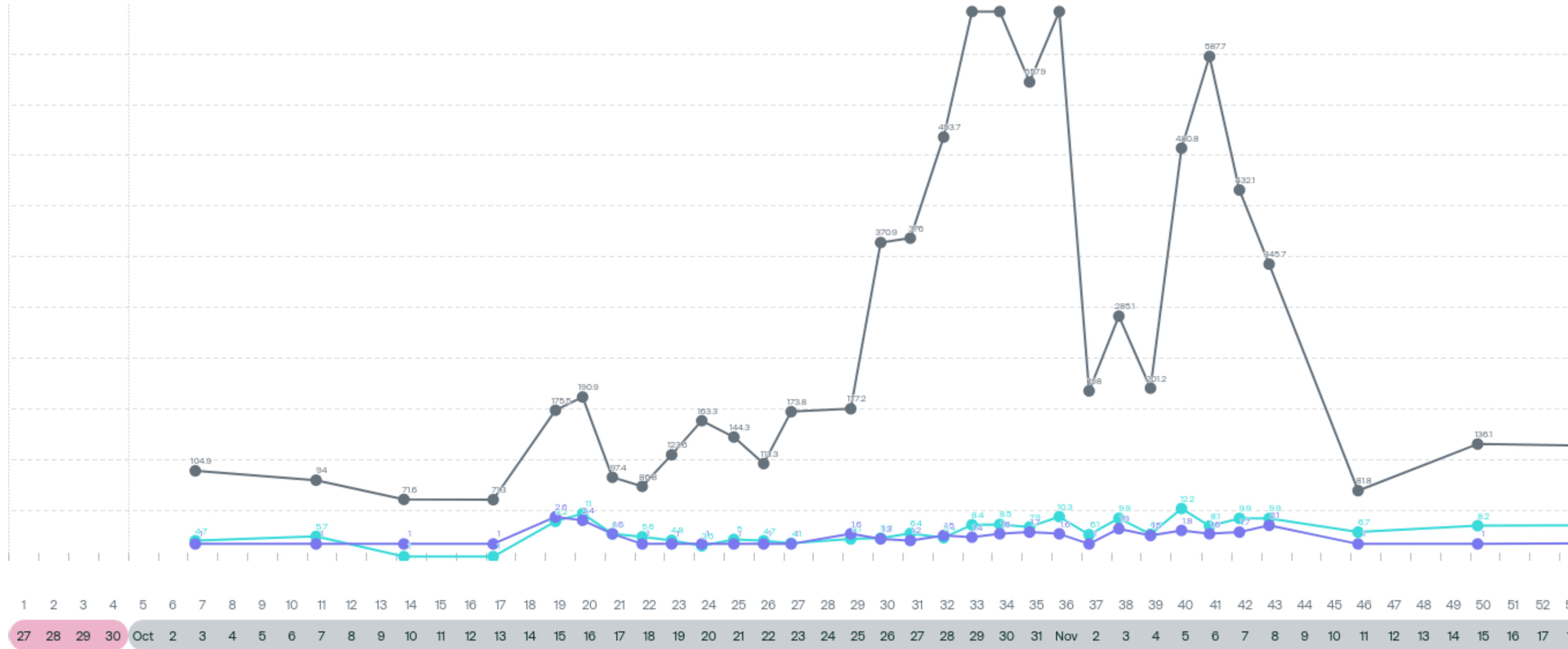


Treatment / Interventions / Assistance

- Lifestyle modifications
- Nutrition
- High dose myoinositol
- NAC
- Fish oil
- PCOS blends
- Tea
- Low dose naltrexone (LDN)



Mira Chart—Oct 2023



Mira data discovered:

- Lack of LH surge
- Fluctating E3G levels without coordination with LH
- Lack of PdG changes
- Unable to confirm ovulation at this time



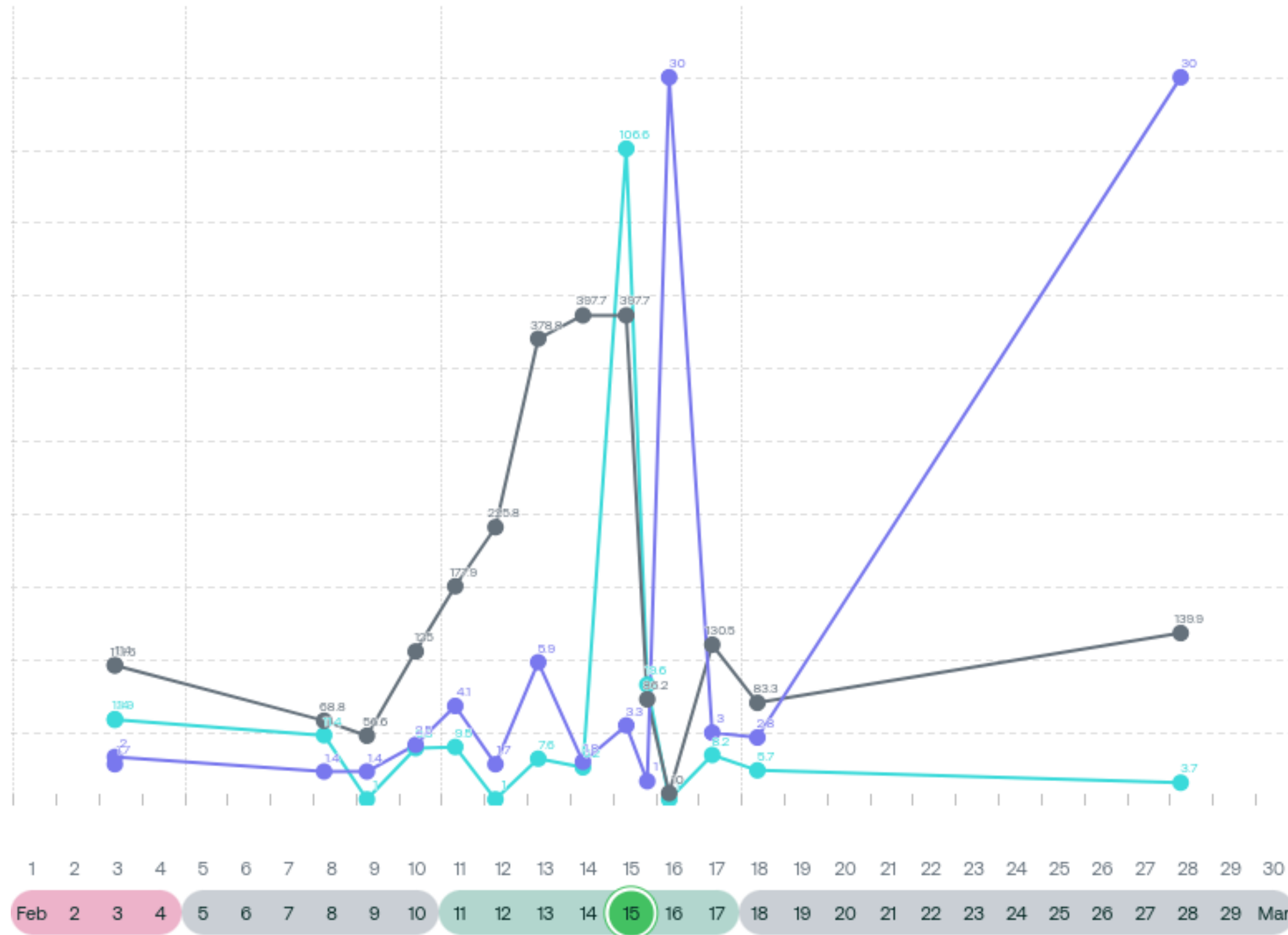
Re-evaluation

- The patient continued to have anovulatory cycles despite interventions
- Decided to start Tirzipatide. This strategy helped her to not only get a period but finally ovulate
- Once the patient was ovulating and having periods, started letrozole for ovulation support
- Began bio-identical progesterone after ovulation

Provider message on glucose-dependent insulinotropic polypeptide (GIP) receptor and glucagon-like peptide-1 (GLP-1) receptor agonists: enhance the body's sensitivity to insulin, these medications help reduce insulin levels. By lowering the insulin levels it lowers testosterone and DHEA levels. With normalized testosterone and DHEA, we see that normal growth and development of ovarian follicles is able to happen.



Mira Chart



Mira data discovered:

- Coordinated E3G changes leading to the LH surge
- LH surge on CD 15
- PdG changes after LH surge confirming ovulation

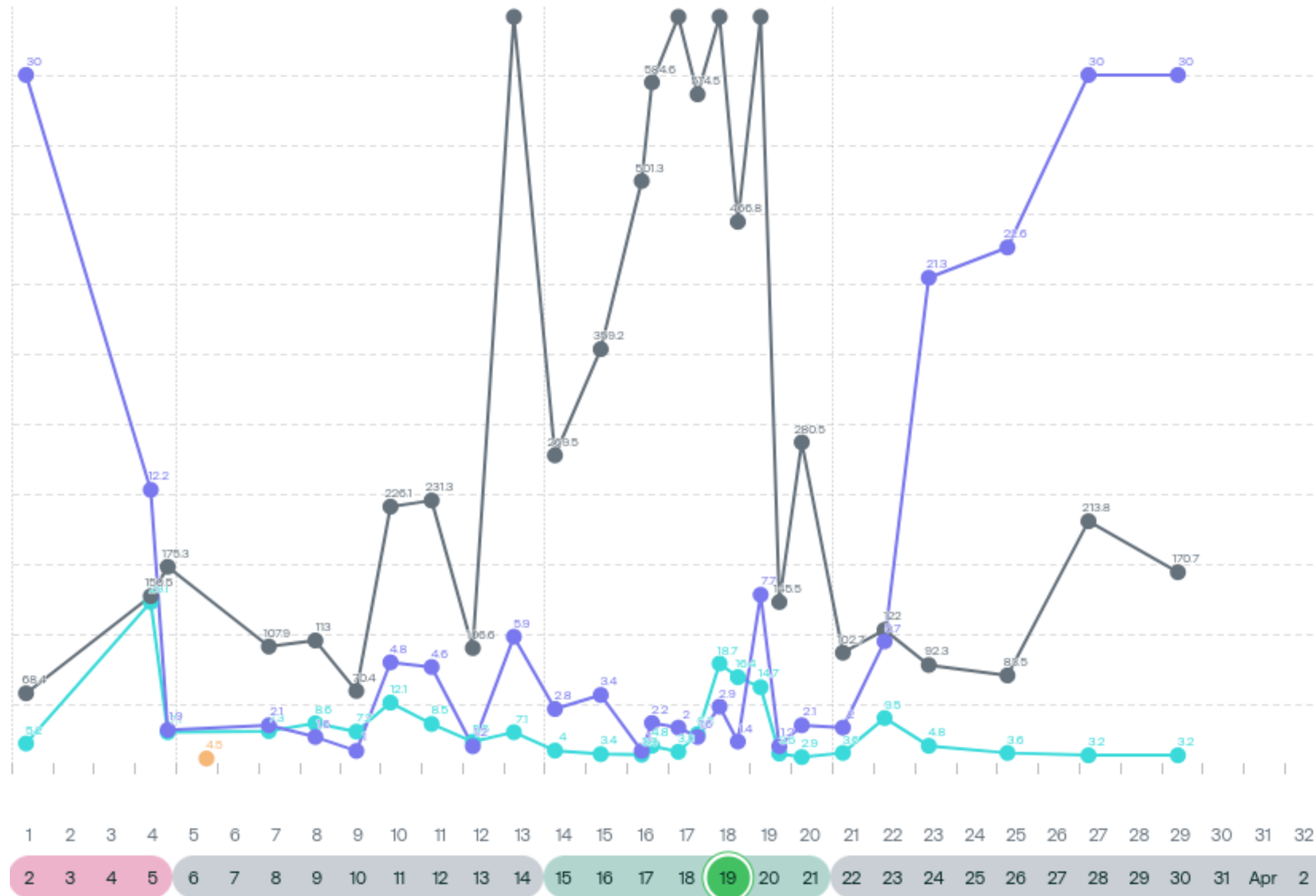
Intervention:

- Letrozole
- Progesterone supplement after LH surge



Mira Chart

Conception Cycle



Mira data discovered:

- Elevated E3G before LH surge
- LH surge on CD 18 and CD 19
- PdG changes after LH surge confirming ovulation

Intervention:

- Letrozole
- Progesterone supplement after LH surge



Provider Summary

Tirzipatide helped to reduce insulin levels which improved testosterone and DHEA levels allowing for normal growth and development of ovarian follicles.

Ensure her underlying hormones with PCOS were balanced.

Able to monitor the patient's response to medication.

Properly time medications and intercourse.



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Mira has revolutionized my practice by providing real-time insights into my patients' daily hormone levels, allowing for precise monitoring of their menstrual cycles.

This technology enables me to educate patients on the specifics of their cycle, particularly highlighting the role of progesterone as a key indicator of ovulation.

With Mira, we can demonstrate how ovulation can vary from month to month, empowering patients with knowledge and enhancing their reproductive health management.

*Dr. Tara Harding (Brandner), DNP, FNP-C;
Simply You Clinic*

