

How Mira assists in clinical evaluation and treatment

Case Reports with Dr. Brett Baxter

NICHOLS
CHIROPRACTIC
FUNCTIONAL + MEDICINE



For Healthcare Professionals



Case report #2

PCOS Secondary Infertility

Patient background

The patient reports regular periods “my entire life”

Got pregnant (on the first month of trying) in July/August 2020 and had a c-section birth in April 2021

TTC again in June 2023, “my periods became very heavy and painful”

Started using LH strips to identify ovulation from June 2023 to October 2023. She was able to find positive LH test strips every month

From October to January, she started not finding positive LH test strips and had two periods back-to-back

Had an ultrasound and testing and was diagnosed with PCOS



Patient Situation and Plan

The patient was referred to Dr. Baxter

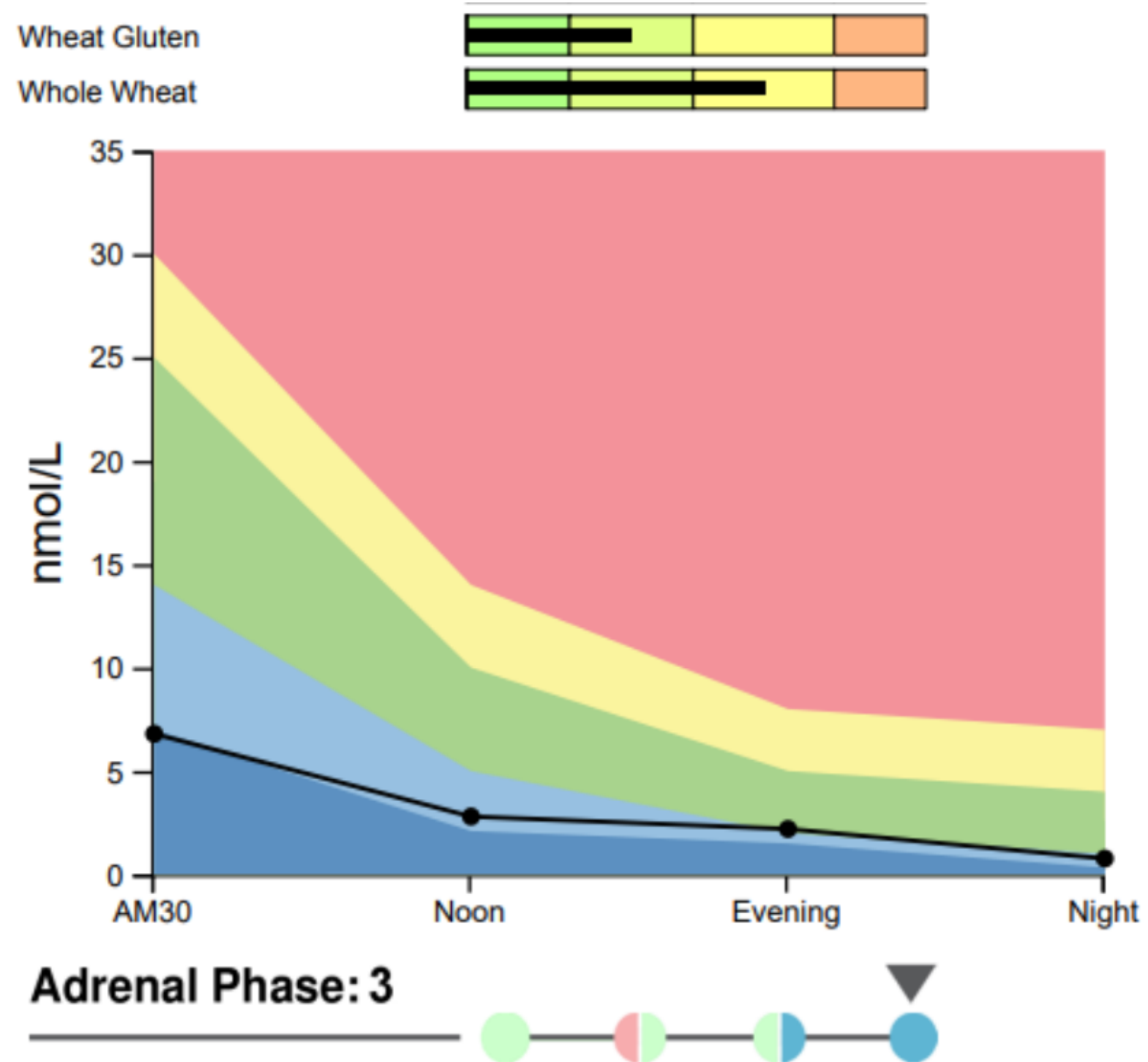
Thorough work up for PCOS

Discussed cortisol and stress management, due to a very stressful job

She completed a GI workup, as she reported always being bloated.



Results



Interventions

Omega 3's

Vitamin D

Inositol for PCOS

Increasing exercise

Reducing carbs and sugar

Working on stress reduction and started adaptogens for cortisol issues

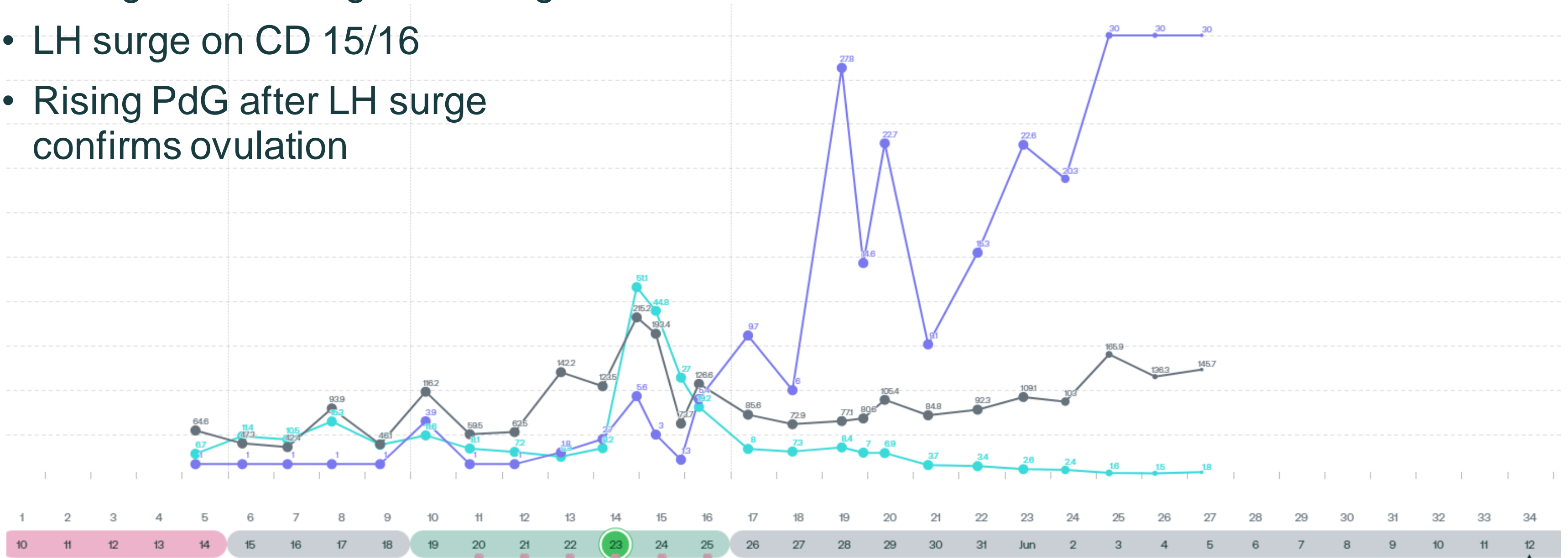
Removed gluten based on a high IgG blood test



Mira Chart: Conception Cycle

Mira data discovered:

- Rising E3G leading to LH surge
- LH surge on CD 15/16
- Rising PdG after LH surge confirms ovulation



Summary

She got pregnant on her first cycle of tracking with Mira after 8 weeks of consistently following the recommendations.

