

Case Study #4: Monitoring patient progress to optimize treatment plans

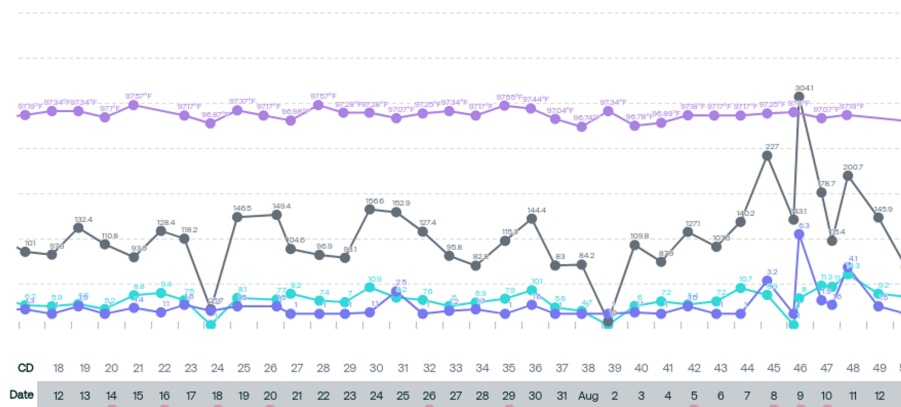
A 33-year-old patient with amenorrhea tracks treatment progress and achieves pregnancy.

When testing with hormone monitors, providers have the benefit of monitoring their patients' data in real time, empowering them to tailor treatments for each individual. Patients also benefit from seeing the positive impact that treatments have on their hormone health.

In Case Study #4, a 33-year-old female with amenorrhea began testing with Mira and learned that her hormones were not following a coordinated pattern. Her provider then initiated a treatment plan and had the patient continue testing with Mira to evaluate her progress.

Before treatment

July Mira Chart



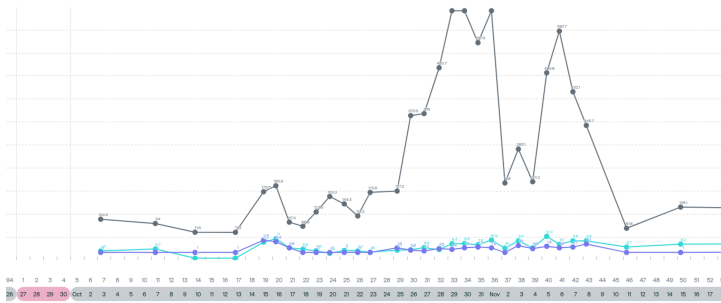
Mira data discovered:

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

Provider identified amenorrhea.

During Treatment

October Mira Chart



Mira data discovered:

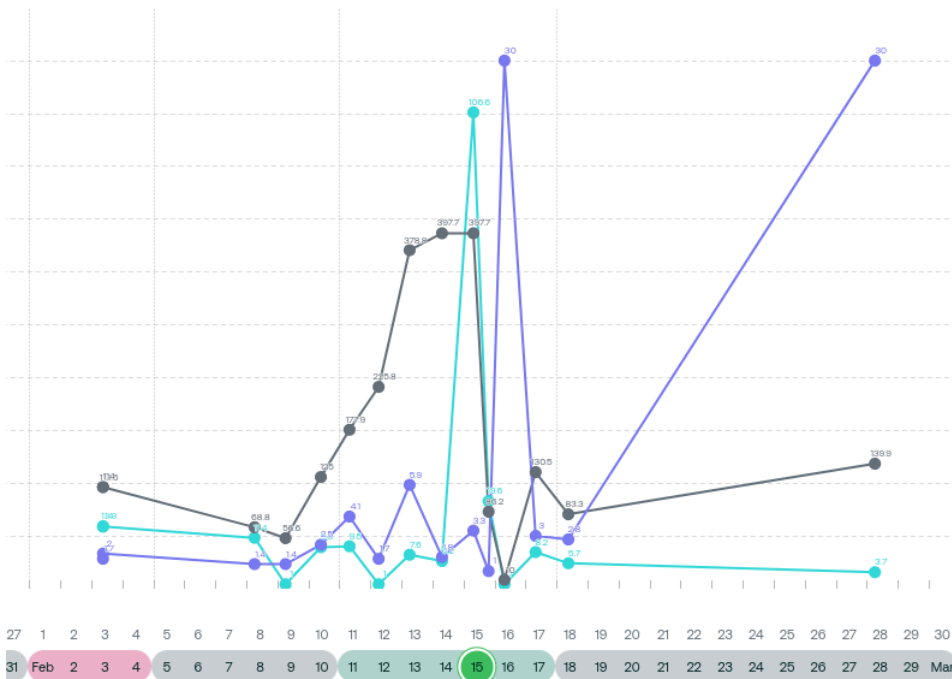
- Lack of LH surge
- Fluctuating E3G levels without coordination with LH
- Lack of PdG changes

Provider unable to identify ovulation.

Following interventions, the patient began having E3G changes but was still not ovulating so the provider modified her treatment plan.

During treatment (Letrozole and progesterone supplementation)

Feb Mira Chart



Mira data discovered:

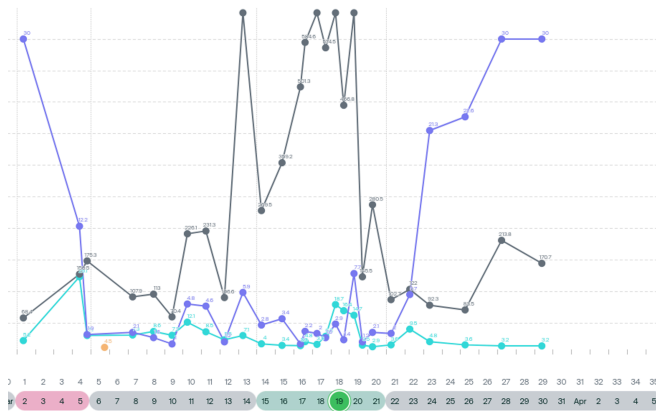
- Coordinated E3G changes leading to the LH surge
- LH surge on Cycle Day 15
- PdG changes after the LH surge confirming ovulation

Provider identified ovulatory cycle.

The patient was responding well to the interventions, but she had not reached her goal of pregnancy. However, she continued her interventions and continued testing with Mira.

After treatment

March Mira Chart



Mira data discovered:

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

Provider identified ovulatory cycle

In March, the provider was able to see the patient's positive response to the treatment of Letrozole and progesterone, and the patient reached her goal of achieving pregnancy.