

# How Mira assists in clinical evaluation and treatment

Case Reports with Dr. Tara Harding



Simply [you] Wellness

HEALTHCARE ALL ABOUT YOU

# Case report: Patient #3

# Patient background

37 year old female

Perimenopause

Planned hysterectomy

Patient purchased Mira to see if she could determine which hormone was responsible for her symptoms.

Extremely elevated insulin

Symptoms: nausea, vomiting, headaches, fatigue



# Treatment / Interventions / Assistance

## Supplements:

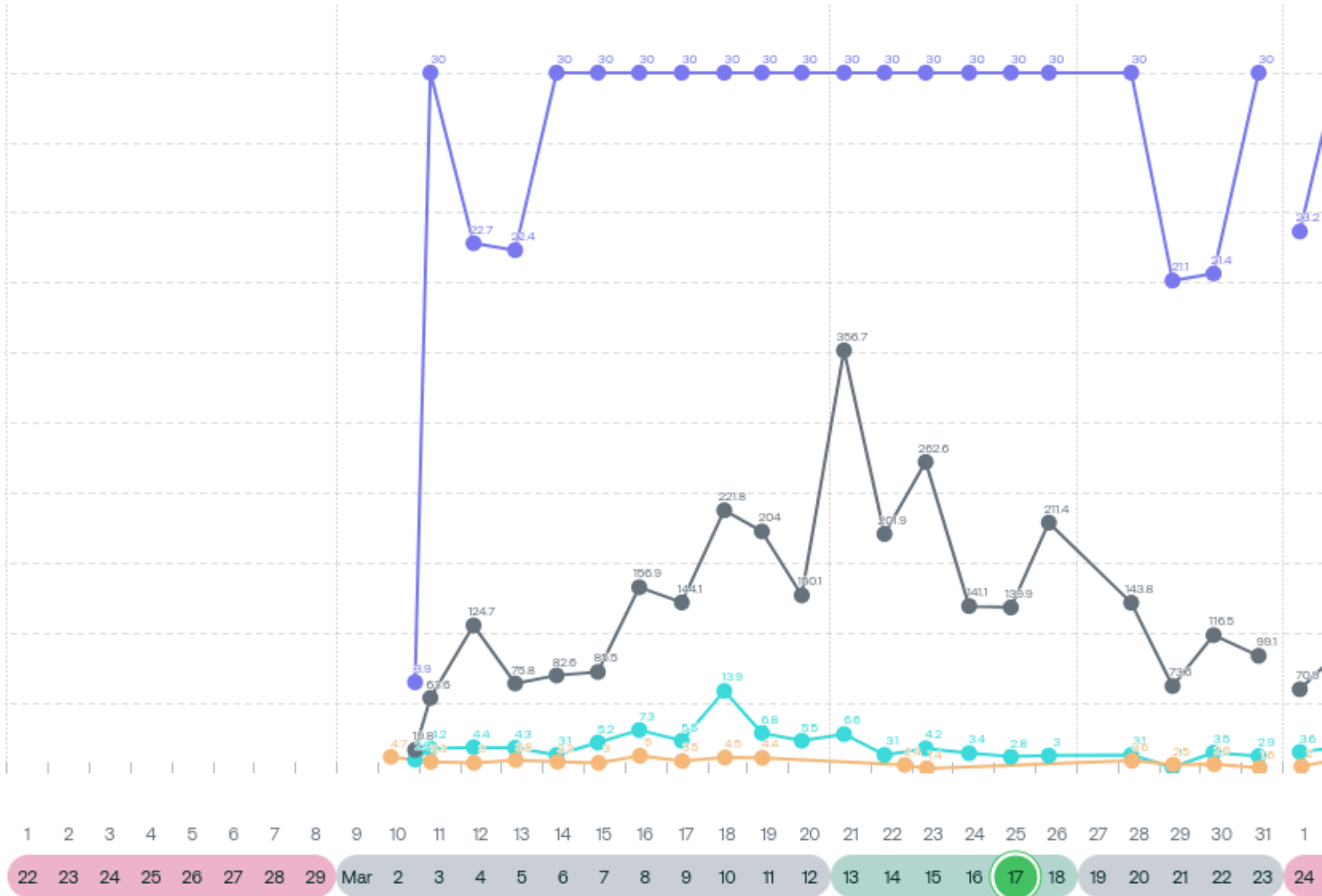
- Myo-inositol twice daily
- NAC
- Vitamin D
- Magnesium
- Vitamin B complex
- Vitamin D weekly
- Fish oil
- Organ complex

## Medications:

- Low-dose semiglutide (for extremely elevated insulin)
- Progesterone trochee



# Mira Chart



## Mira data discovered:

- Evidence of progesterone supplementation
- Fluctuating E3G levels

Patient discovered her symptoms of nausea, vomiting, headaches, fatigue coordinated with elevated E3G levels



# Provider Summary

Seeing how high her estrogen levels were on Mira helped us better navigate what steps we need to take with her hormones since we already had progesterone in place to treat her PMDD.



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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.

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