

Mira assisting in clinical evaluation and treatment

Case Report with BiOrigin:
Perimenopause

BiOrigin



For Healthcare Professionals



Patient background

50 year old female

Diagnoses:

- Perimenopause
- Stress
- Anxiety
- HPA axis dysfunction
- Endometriosis
- Adenomyosis

Medications:

None



Patient situation

Stressful year with multiple life stressors and traumatic events. Was in crisis state- anxiety, depression, and suicidal thoughts.

Changes to her cycle and periods:

- Heavy periods
- Breast tenderness
- Losing her hair
- Significant decline in mood

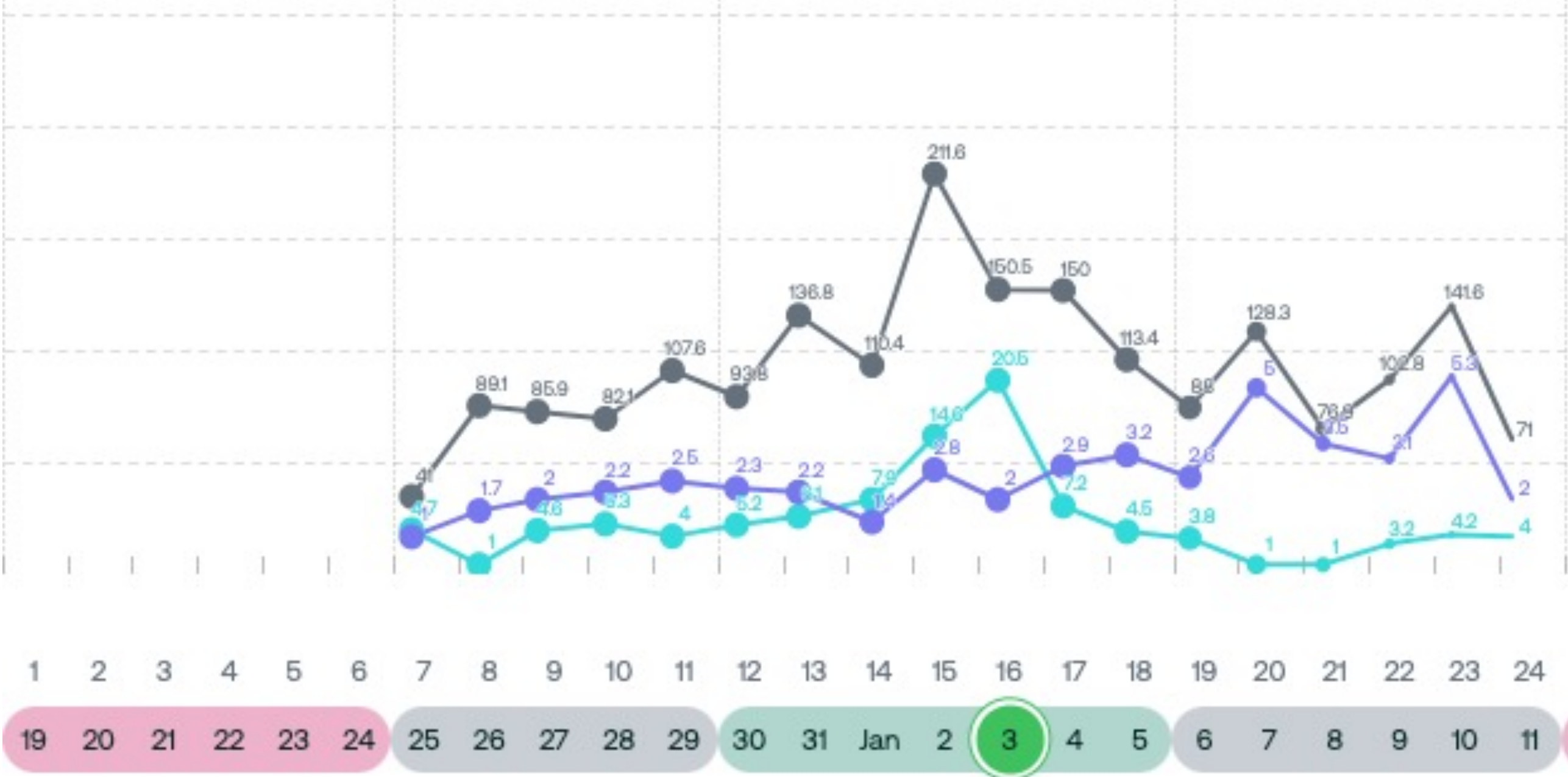


“She was clearly experiencing the fallout of significant chronic stress alongside perimenopause and was in a very tough place.”

Dr. Liz Leek



Initial Mira Chart

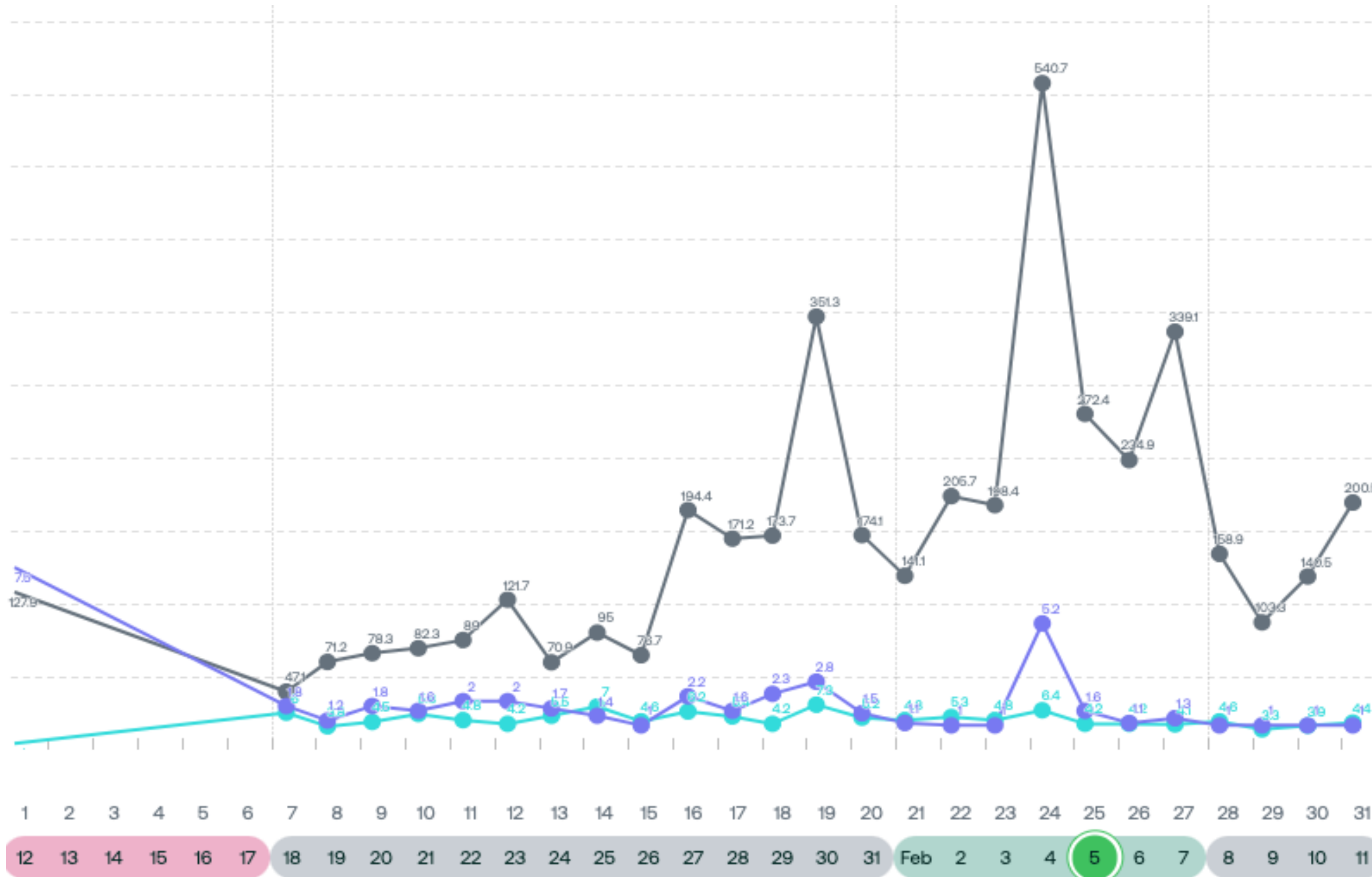


Mira data discovered:

- Rising E3G levels leading to LH surge
- LH surge on CD 15 and CD 16
- Rising progesterone levels after LH surge
- Low progesterone levels and short luteal phase (expected perimenopausal changes based on age)



Second Mira cycle



Mira data discovered:

- Fluctuating and high estrogen levels
- Lack of LH surge
- Lack of progesterone changes
- Anovulatory cycle



Mira Data Assisted to Identify:

Estrogen fluctuations and peaks without an LH surge or progesterone changes

Found Correlation: irritability and mood changes related to estrogen peaks

Provider evaluation: estrogen dominance and anovulatory cycle



Interventions/Treatment

Addressed lifestyle factors

- Optimize sleep
- Increase and diversity and phytonutrient plus fiber content in diet
- Increase nurturing and self care activities

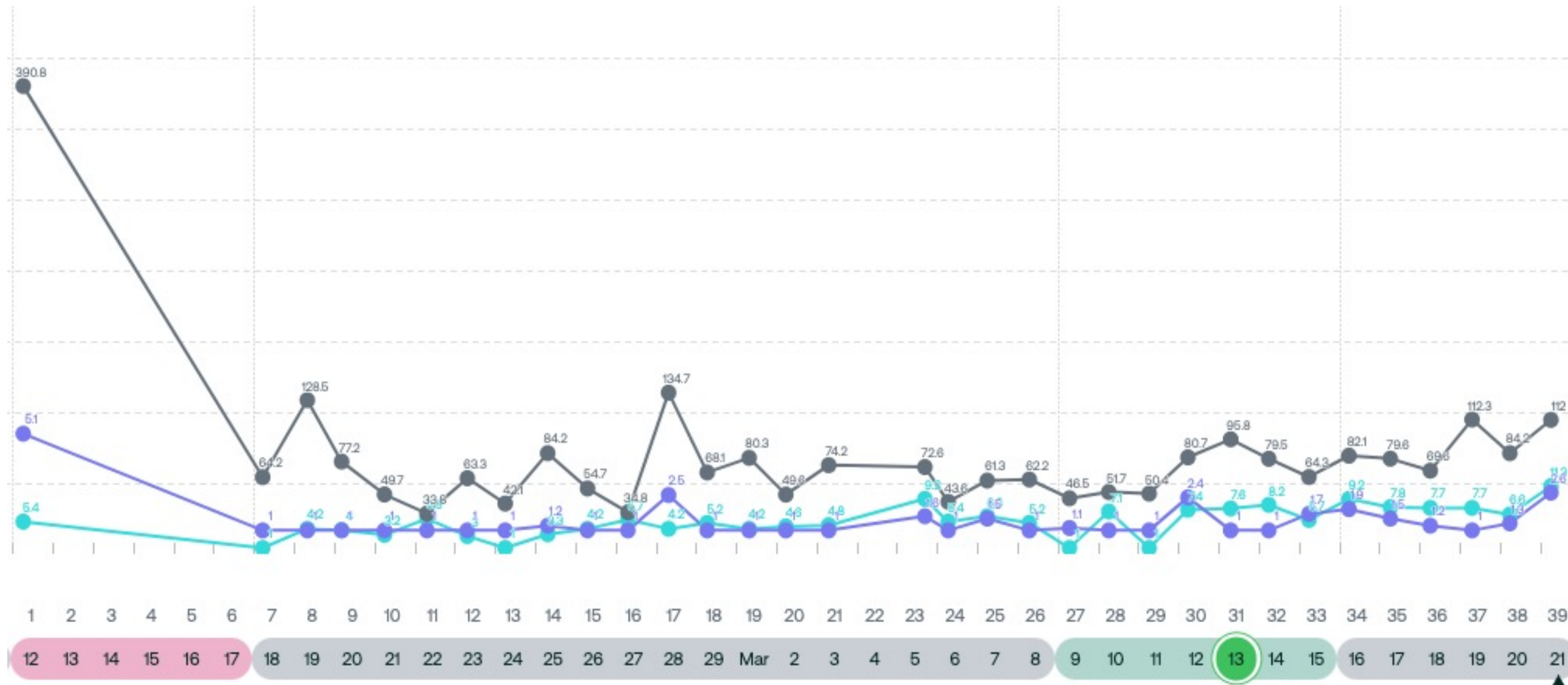
Optimized supplements

- Magnesium Threonate
- Omega
- Vitamin D
- L theanine
- Mico Rei

Started transdermal progesterone cream



Follow Up Mira Data



Mira data discovered:

- Improved estrogen levels and pattern
- Continued low LH
- Minimal PdG changes
- Anovulatory cycle



Outcome

- Improved estrogen pattern – no longer having fluctuating and peak estrogen levels
- Patient reports feeling better
- Patient can “see the future”



Provider statements: “The use of the progesterone has significantly eased her symptoms. In addition, being able to see the fluctuations she is having has helped her to gain insight and rationalisation into why she is feeling as she does, why there are days that are so much worse than others and this has provided a huge sense of relief that there is a biological or physiological reason driving these symptoms, and that it is not her just going ‘mad’.”

Dr. Liz Leek



Summary

✓ Mira was successfully used to monitor hormone patterns in a perimenopausal situation

✓ Hormone pattern obtained from Mira correlated with patient symptoms

✓ Mira data reveals improvement in hormone pattern with treatment



Provider's Summary

The patient came at crisis point. She had experienced a lot of stressful events and some trauma, in the 18 months prior to her presentation. In the months leading up to her visit her periods had begun to change, her hair began to fall out and her mood took a significant decline.

She was clearly experiencing the fallout of significant chronic stress alongside perimenopause and was in a very tough place. She was very anxious to try any treatments.

Using the Mira has helped to demonstrate what is occurring for her hormonally, and offered her the opportunity to be able to identify why she feels as she does, rationalising the impact that the hormonal fluctuations are having and that it is not her own doing, or just down to mental health.



Thank you!