

How Mira assists in clinical evaluation and treatment

Post-Hysterectomy Case Report



For Healthcare Professionals

Patient background

45 female
G0P0

Medical problems: uterine fibroids,
asthma, and hx PCOS in her 20s

Hysterectomy in July 2023
due to fibroids



Assessment

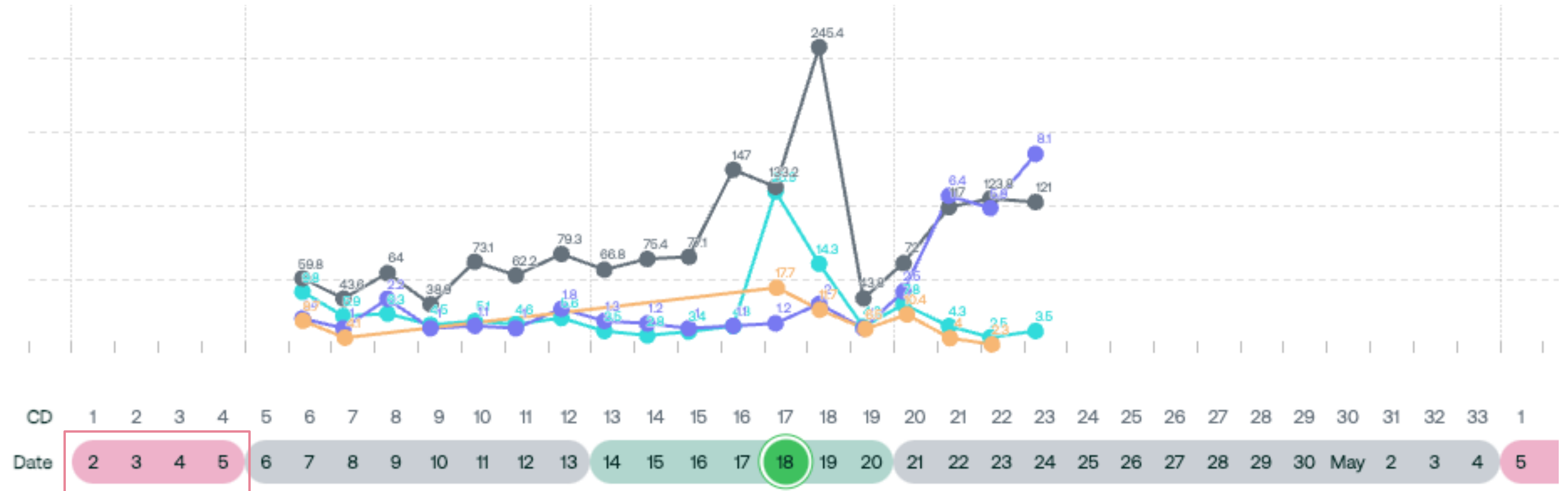
The patient was unsure if she was still ovulating after her hysterectomy last year.

If ovulating, the patient wanted to determine what phase of the menstrual cycle she was in to correlate symptoms.

The provider wanted to monitor the underlying estrogen and progesterone levels throughout the cycle to determine the best interventions.



Initial Mira Chart



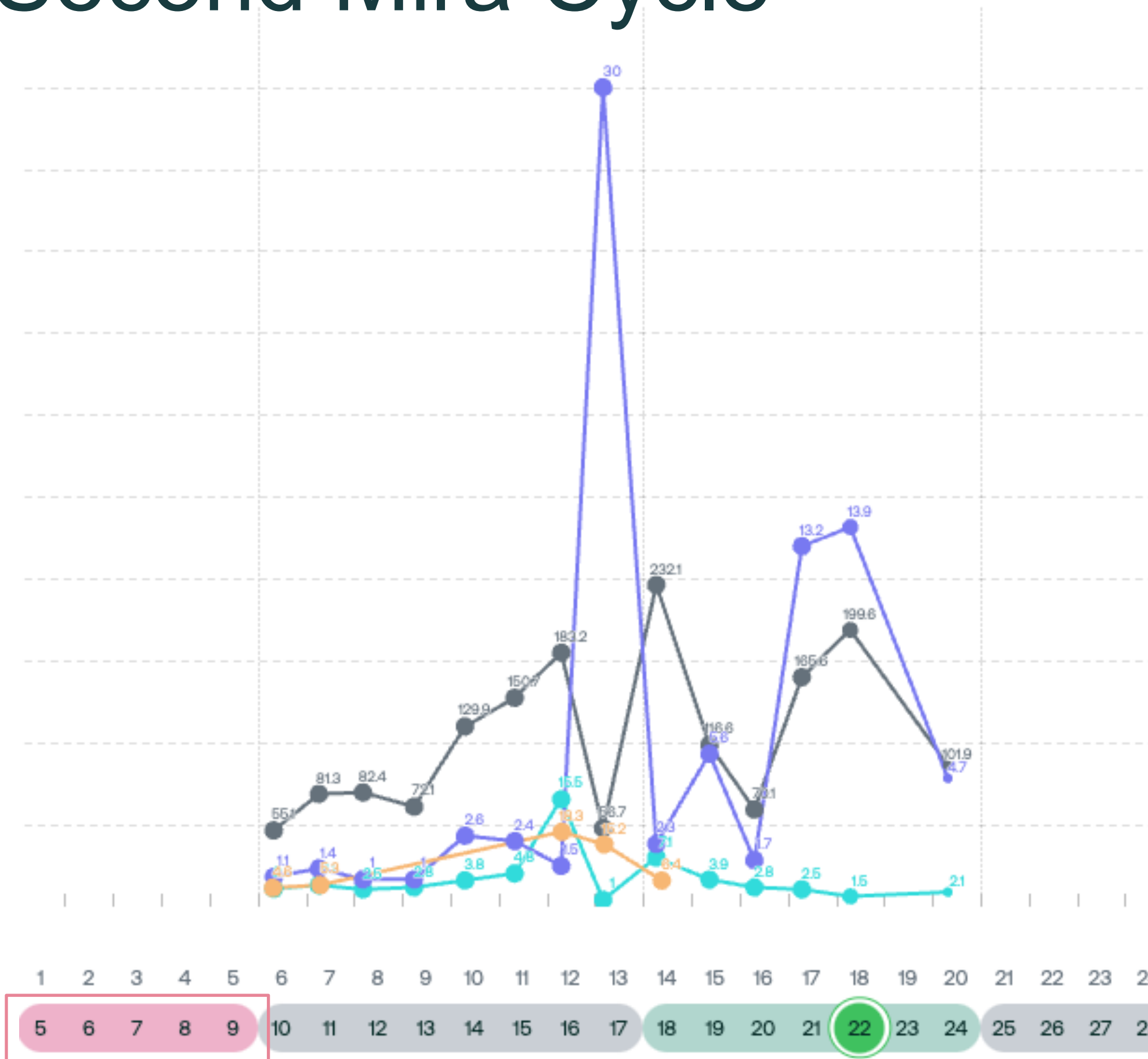
Patient marked her suspected period since she no longer has periods

Mira data discovered:

- Rising E3G levels leading to LH surge
- LH surge on April 18 and 19th
- Elevated progesterone after LH surge confirms ovulation



Second Mira Cycle



Mira data discovered:

- Rising E3G levels leading to LH surge
- Biphasic LH surge on May 16–18
- Elevated progesterone after LH surge confirms ovulation

Patient marked her suspected period since she no longer has periods



Summary

Monitoring hormones with Mira allowed the patient to determine that she was still ovulating despite a lack of menstrual periods due to a hysterectomy.

The patient identified that her poor sleeping pattern correlated with her underlying hormone pattern.



Outcome

The provider was able to correctly time progesterone supplementation after ovulation by identifying her LH surge.

The provider sees tracking hormones with Mira as helpful in perimenopausal patients to evaluate for hormonal imbalances such as excessive estrogen or progesterone deficiencies.



Thank you!