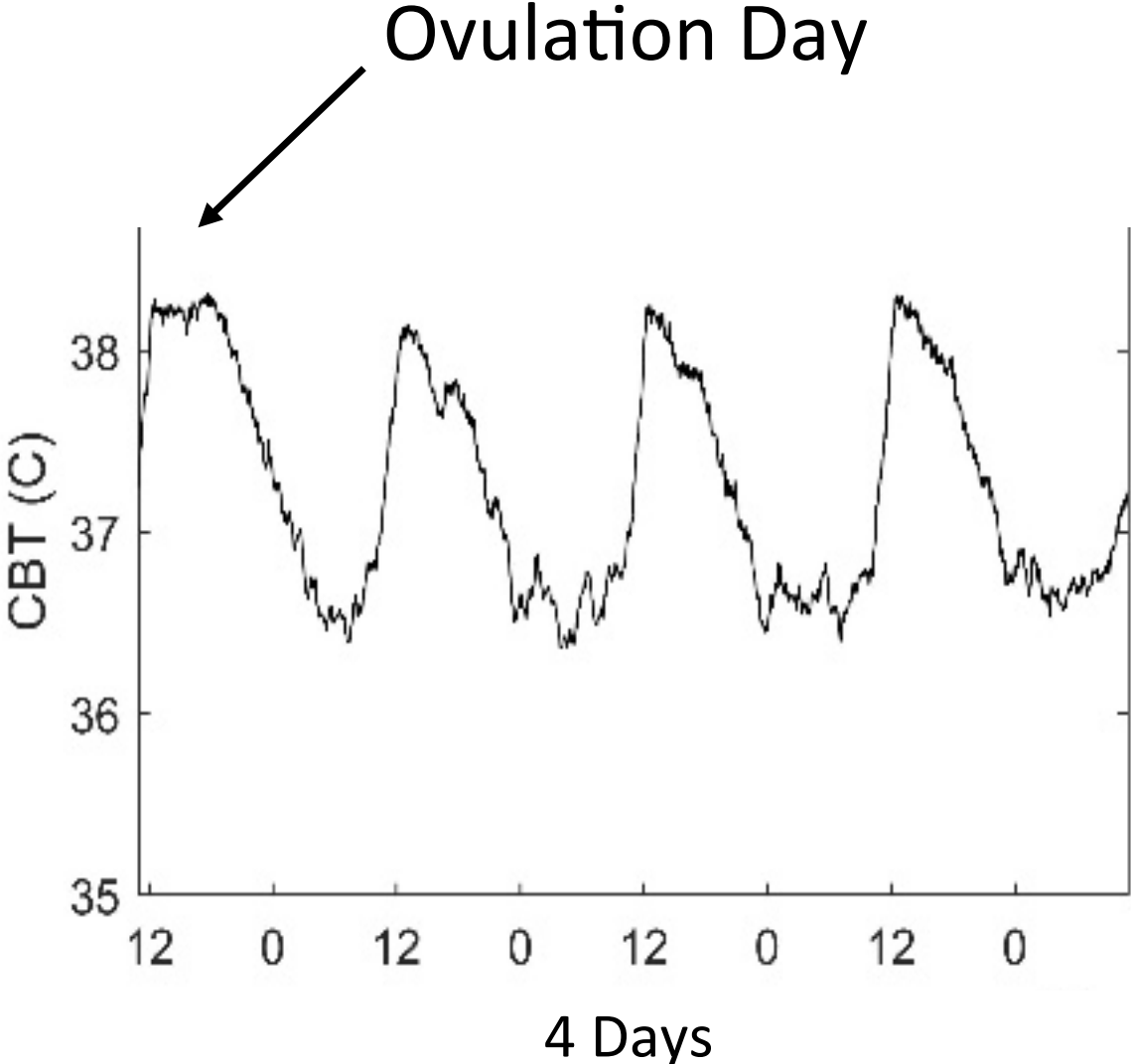


Hot Stuff: Body Temperature and Ovulatory Cycles

Azure Grant, QS Labs

What can high temporal
resolution body temperature
tell me about my cycle?

In mice...





“Whoever looks within his own self perceives human music... What unites reason with the body if not a certain harmony: a careful tuning of high and low pitches as though producing one consonance?”

- Boethius, Fundamentals of Music, 520 A.D.

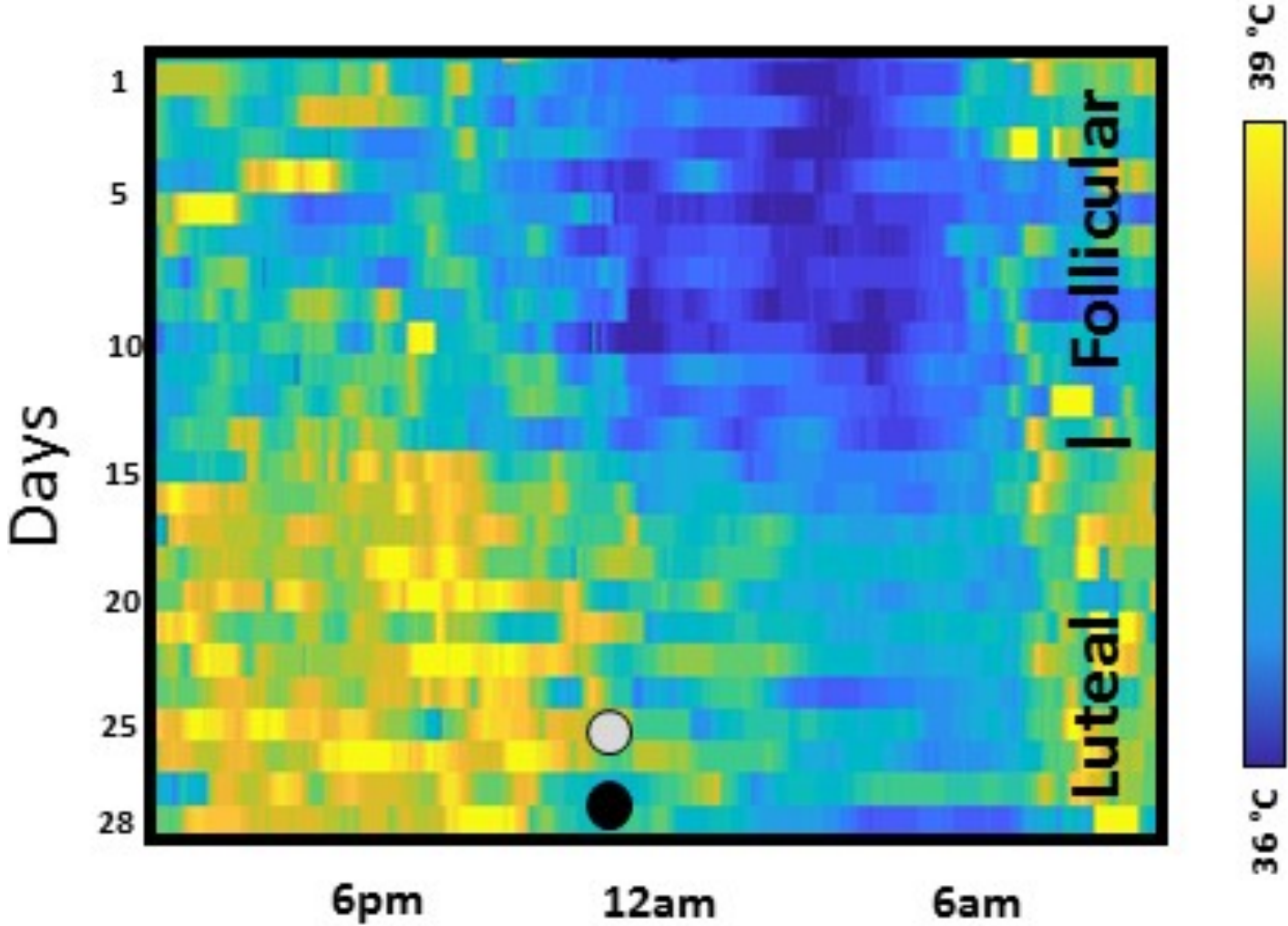
iButtons



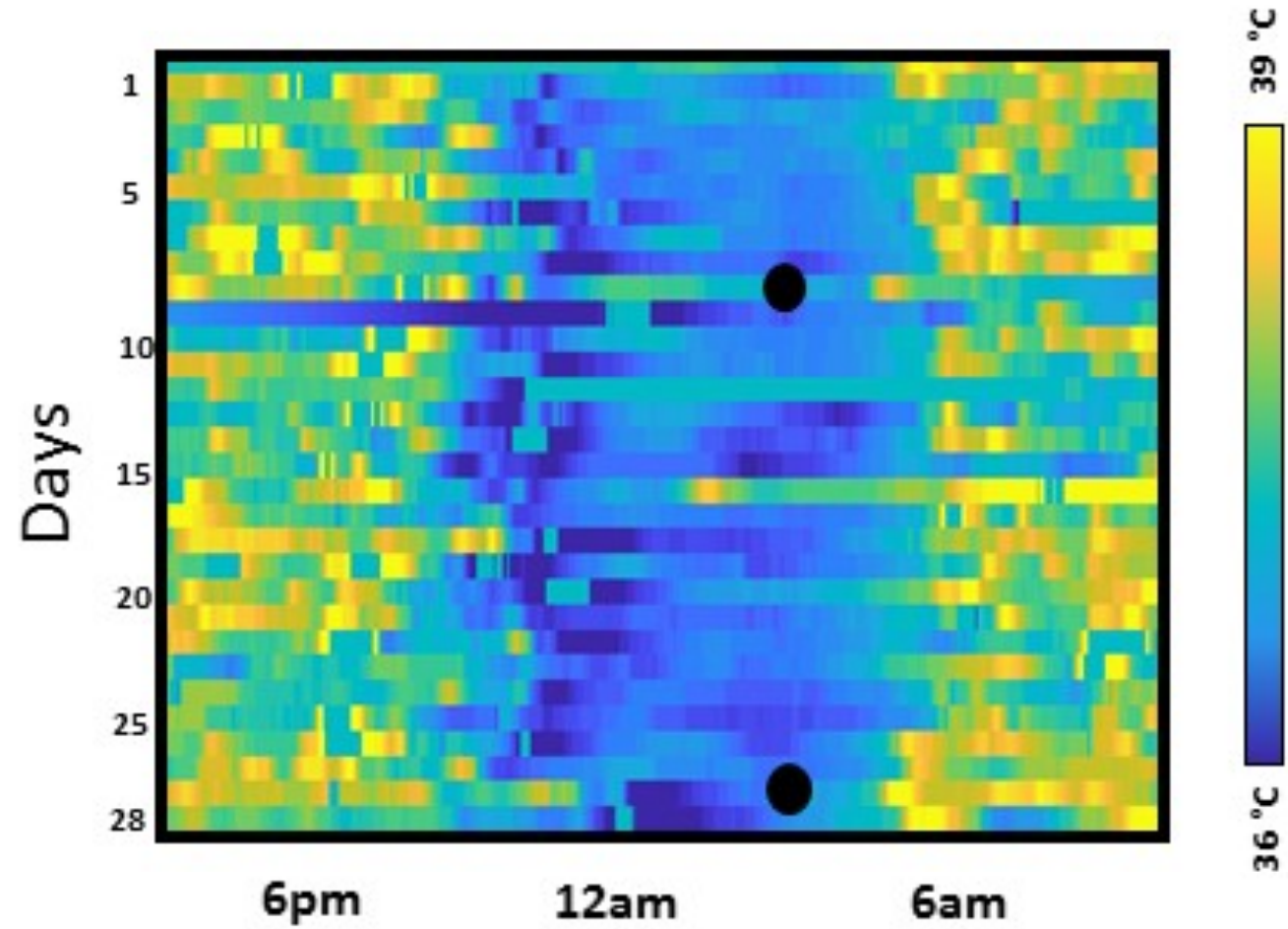
- Wrist, Axial, Core Temperature
- 1 Minute Temporal Resolution
- Precise to 0.06 C
- Syncs with my laptop
- Export to Matlab/Python for basic time series analyses.

3 Cycles as Heat Maps: My Friend, My Self, My Mom

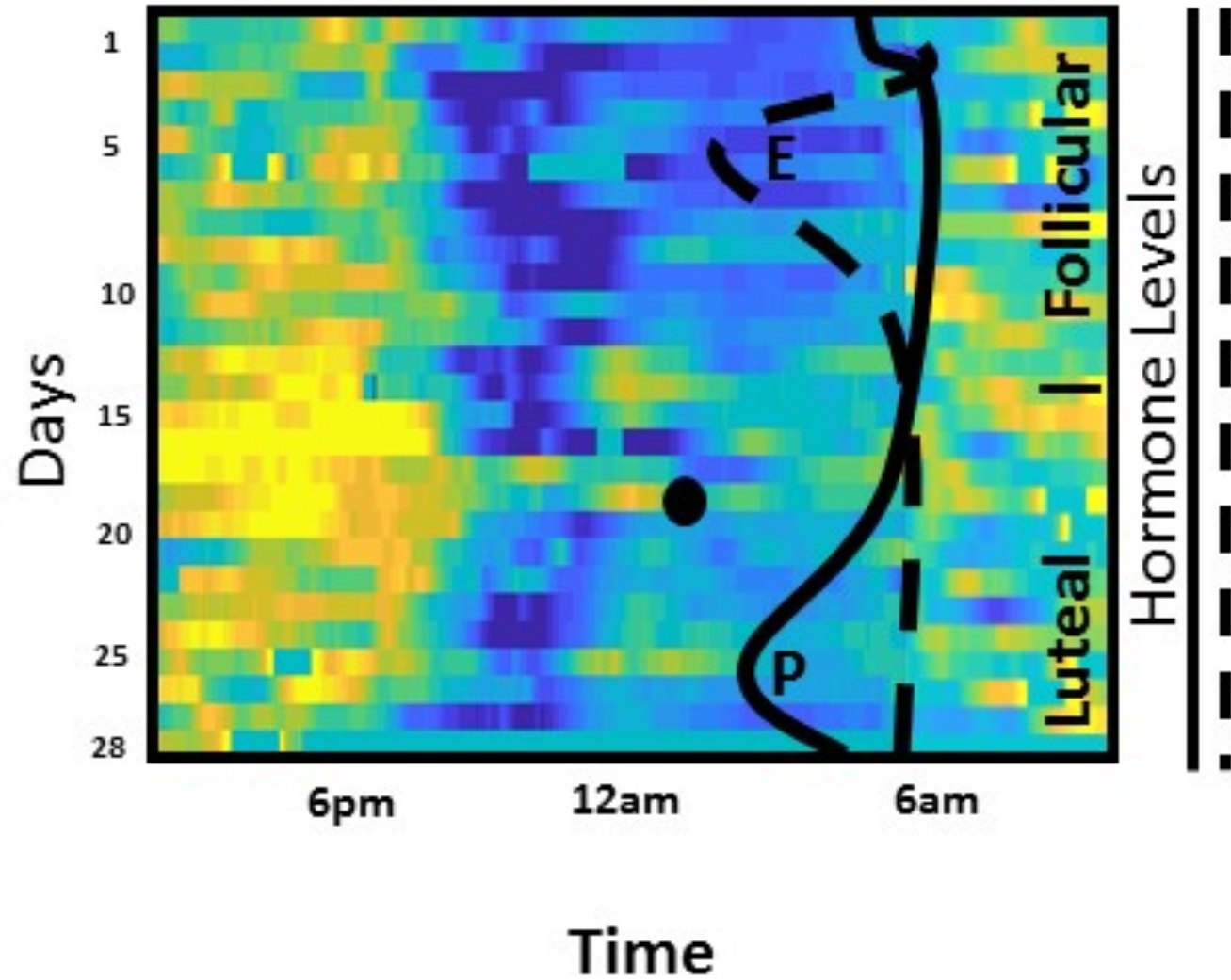
Kate: 25, Naturally Cycling



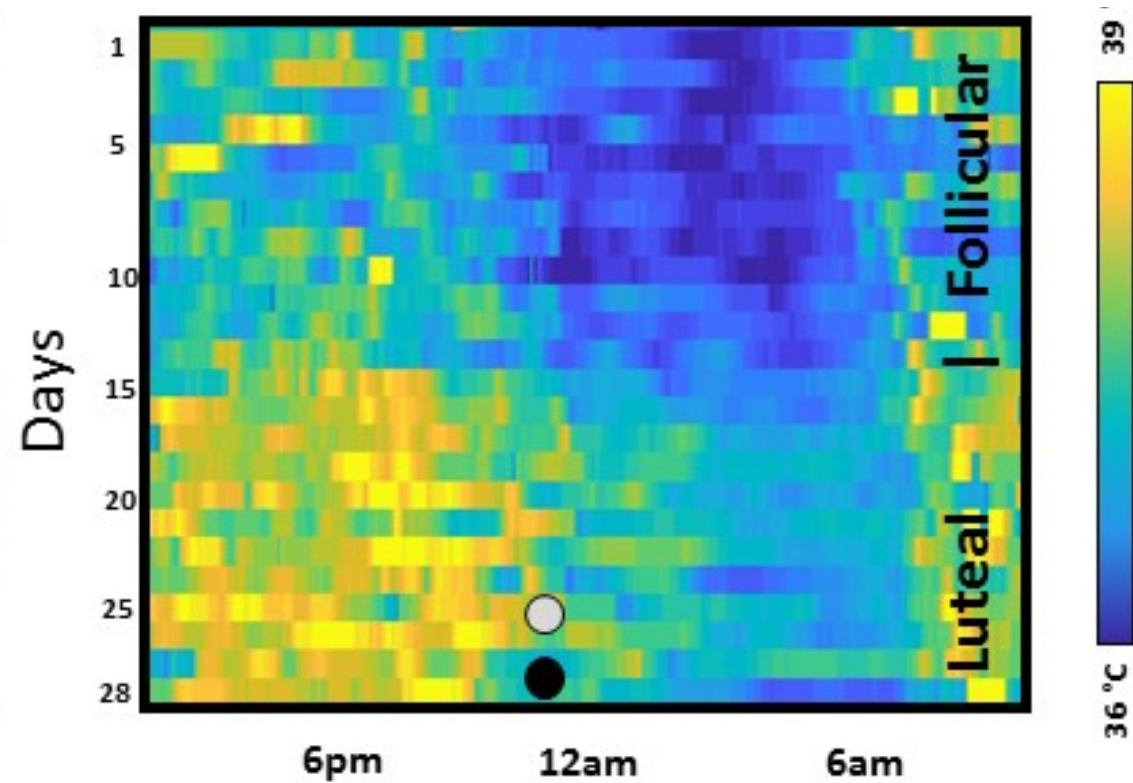
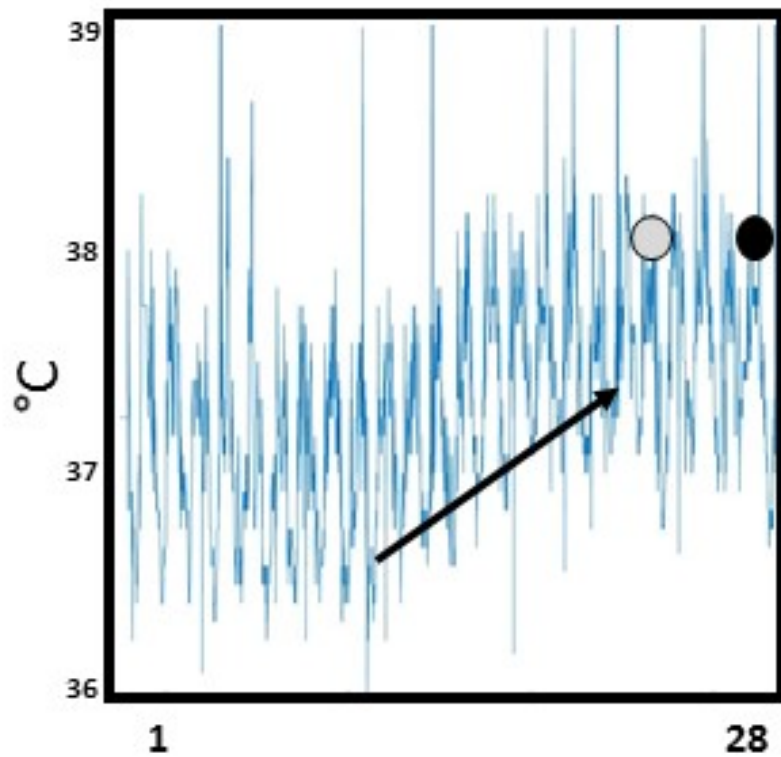
Me: 21, Irregular Cycles Post-Birth Control



My Mom: 49, Hormone Replacement Therapy



Take Away, and a Large Data Set



Next Steps – So Many Questions!

- Jetlag and my cycle
- Ovulation detection
- A careful look at my transition off of hormonal birth control

Thank you!