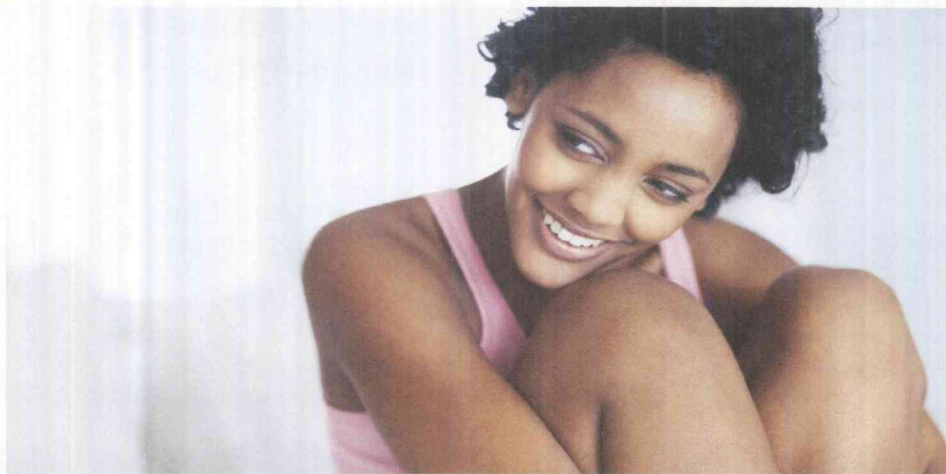




## Female Hormone Panels



### The Diagnos-Techs™ Female Hormone Panels (FHP and eFHP)

are easy-to-collect saliva tests to evaluate levels of various hormones that play a role in female reproductive function. These hormones fluctuate throughout the menstrual cycle; therefore, testing your levels on only one day of the month may not give an accurate portrayal of the dynamic balance of your hormones. With the Female Hormone Panels, 11 separate samples are taken throughout the entire menstrual cycle in order to gain a more complete understanding of what may be contributing to your symptoms. Your hormone levels can be measured from your saliva, which can be collected easily and painlessly in the convenience of your own home.

### The Female Hormone Panels screen for:

- Hormone imbalances that may contribute to PMS and migraines
- Contributing factors to infertility such as luteal phase deficit, anovulation, and polycystic ovarian syndrome (PCOS)
- Inadvertent or excessive hormone exposures that may cause irregular menses
- Underlying hormone abnormalities associated with painful or heavy menses
- Early indicators of perimenopause

### Eleven saliva samples are used to assess:

- **Estradiol** – Produced by the ovaries, this is the most active form of estrogen prior to menopause. Proper levels are necessary for healthy menstrual cycles and fertility.
- **Progesterone** – As the word indicates, progesterone is “pro-gestational”. This hormone prepares the endometrium (internal uterine lining) for implantation of the fertilized ovum. Abnormal levels can play a significant role in infertility and recurrent miscarriage.
- **DHEA** – A hormone produced in the adrenal glands, which is a precursor to estrogen and testosterone. Too much or too little DHEA can lead to abnormal levels of these hormones.
- **Testosterone** – Usually considered a “male hormone”, testosterone plays an important role in maintaining muscle mass, bone density, metabolism, energy and libido in women as well. Elevated levels are associated with symptoms such as acne and facial hair growth, and may indicate PCOS.

The Expanded Female Hormone Panel (eFHP) includes all of the previously mentioned tests with the addition of:

- **Follicle stimulating hormone (FSH)** – A hormone that regulates the production of estradiol by the ovaries. FSH is released from the pituitary gland in the brain.
- **Luteinizing hormone (LH)** – Another pituitary hormone, which regulates progesterone production and is necessary for ovulation.

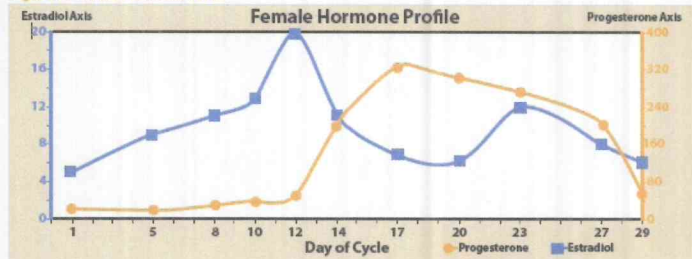
The Female Hormone Panels may be helpful for determining the underlying cause of:

- Irregular or painful periods
- Infertility or miscarriage
- Premenstrual syndrome (mood changes, breast tenderness, water retention, pelvic cramping)
- Low libido
- Facial hair growth
- Acne
- Migraines

### Symptoms / Cycle Chart

With a comprehensive picture of your hormones over time, your practitioner is able to seek the underlying cause of your symptoms to create the most effective treatment plan possible.

Figure 1: Female Hormone Panel™



## Why saliva instead of blood?

For hormones to be active, they have to exist in their free state. In blood, most hormones are bound to proteins or red blood cells and are therefore inactive. It can be difficult to determine how much of a hormone measured in serum or blood is free and actually available to your cells. In saliva, however, hormones exist in their free state and are therefore bioavailable.

## Convenient, Simple, Thorough

- Collection is non-invasive and painless
- Saliva samples can be conveniently collected from your home, office or other location
- Rather than a single "snapshot" blood test, salivary testing enables repeated measurements throughout your entire cycle to provide a more comprehensive look at hormone levels

## Measurements of hormones can be used in two general ways:

- To estimate the body's own hormone production as a baseline test
- To monitor levels of hormones during treatment

Your healthcare provider can use the information gathered from the Female Hormone Panels to gain a better understanding of your current hormone levels and to create a treatment plan that is right for you.

## What to Expect

Your healthcare provider will give you a test kit containing the supplies you need to collect your samples. Depending on your typical cycle pattern, you will collect up to 11 saliva samples over the course of one complete menstrual cycle. Complete instructions regarding sample collection (along with foods, supplements, and activities to avoid during the test period) are included with your kit. You will need to freeze your samples until you are ready to ship them. Then you will package your samples in the box provided, affix the pre-paid mailing label included with your kit (domestic only), and ship the completed kit from your nearest UPS location.



Your healthcare provider will receive your results in approximately 1-2 weeks. This information can then be used to create a customized treatment plan and to determine the next steps in working toward your health goals.

## Ask your physician about additional test panels available from Diagnos-Techs:



Adrenal Stress Index Panel



Bone Health Panel



Cycling Female Hormone Panels



Peri and Post Menopause Hormone Panels



Male Hormone Panel



Food Allergy (Sensitivity) Panel



Gastrointestinal Health Panels

For additional patient information, please visit our website at [www.diagnostechs.com](http://www.diagnostechs.com)



**DiagnosTechs™**

THE LEADING LAB IN SALIVA TESTING SINCE 1989

19110 66<sup>th</sup> Avenue South, Building G  
Kent, Washington 98032