



Peri - & Postmenopause
Hormone Panels



Take the guesswork out of knowing your hormone levels.

The Diagnos-Techs PHP uses accurate, noninvasive salivary testing to evaluate hormones that play a role in female reproductive function. These tests provide insight into factors that may contribute to common menopausal symptoms and are useful for monitoring hormone levels in women on bioidentical hormone replacement therapy. The Postmenopause Panel uses a single saliva collection and is ideal for women who are postmenopausal. The Perimenopause Panel uses two saliva samples collected about two weeks apart and is the preferred test for women experiencing early signs of menopause such as infrequent or unpredictable menses.

The Peri - & Postmenopause Hormone Panels may be helpful for evaluating:

- *Hot flashes*
- *Insomnia*
- *Depression or anxiety*
- *Night sweats*
- *Fatigue*
- *Changes in menstrual cycle*
- *Vaginal dryness*
- *Memory loss or difficulty concentrating*
- *Bone loss or osteoporosis*
- *Loss of muscle mass*
- *Weight gain*
- *Risk of cardiovascular disease or heart attack*
- *Urinary incontinence*
- *Low libido*



Talk to your doctor about your symptoms and ask if the **PHP** can help you to better understand your hormone levels and create a targeted treatment plan.

Your saliva samples are used to test:

- **Three forms of estrogen**

Estrone (E1) ✓ The predominant estrogen in postmenopausal women. A significant portion of estrone production takes place in fat cells, and elevated levels are associated with an increased risk for certain types of cancer.

Estradiol (E2) ✓ Produced in the ovaries, fat cells, and adrenal glands, this form of estrogen has the strongest activity. Estradiol levels decrease after menopause, which may contribute to bone loss, hot flashes, and other symptoms.

Estriol (E3) ✓ The least potent of the three estrogens. Measuring levels of estriol is important for evaluating overall estrogen status.

- **Progesterone** ✓ Produced in the ovaries, levels of this hormone decline around menopause. Progesterone is important for maintaining a healthy endometrium in a normal menstrual cycle.
- **DHEA** ✓ A hormone produced in the adrenal glands, DHEA is a precursor to estrogen and testosterone.
- **Testosterone** ✓ Usually considered a male hormone, testosterone plays an important role in maintaining muscle mass, bone density, metabolism, energy, and libido. Elevated levels are associated with symptoms such as hair loss, acne, and facial hair growth.

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 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, hormones are only found as the free fraction representing the active hormone level.

Convenient, simple, thorough

- Collection is noninvasive and painless
- Saliva sample(s) can be conveniently collected from your home, office, or other location

The expanded versions of this panel also include:

- **Follicle stimulating hormone (FSH)**
A hormone released from the pituitary gland in the brain that regulates estradiol production by the ovaries. An increase in FSH can be one of the earliest signs of menopause.
- **Luteinizing hormone (LH)**
Another pituitary hormone, which regulates progesterone production and plays an important role in ovulation.

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

-  **ASI** Adrenal Stress Index Panel
-  **BHP** Bone Health Panel
-  **CAL** Calprotectin
-  **FP** Food Panel
-  **FHP** Cycling Female Hormone Panels
-  **GI** Gastrointestinal Health Panels
-  **PHP** Peri- & Postmenopause Panels
-  **MHP** Male Hormone Panels

For additional patient information, please visit our website at diagnostechs.com