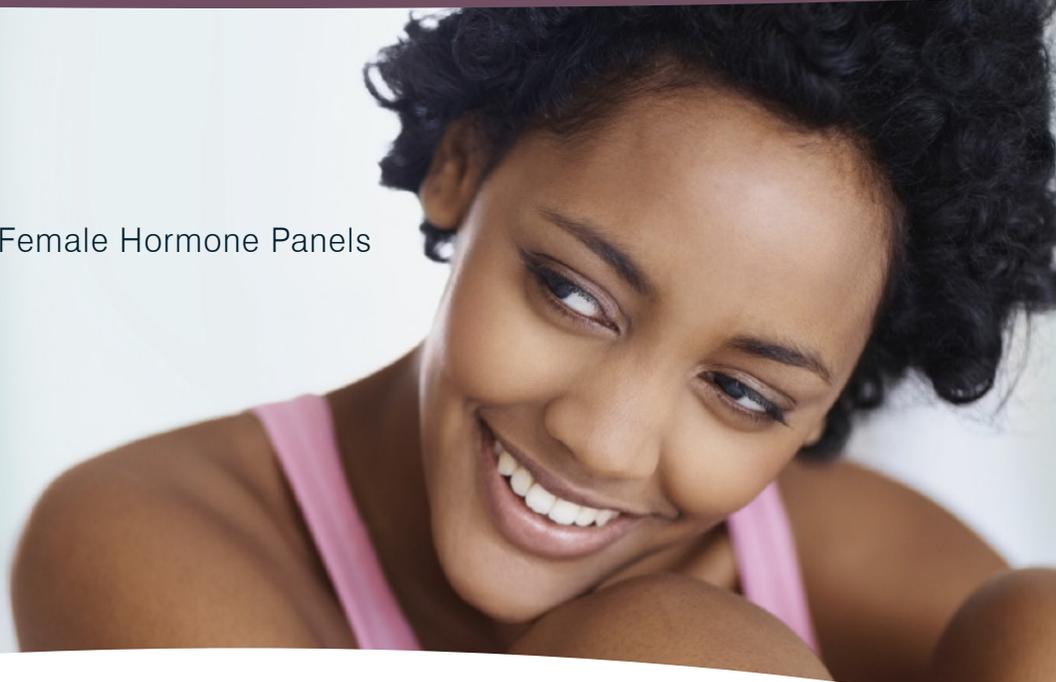




Cycling Female Hormone Panels



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

The Female Hormone Panels screen for:

- Hormone imbalances that may contribute to PMS and migraines
- Factors contributing 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 by the adrenal glands, DHEA is a precursor to estradiol and testosterone. Too much or too little DHEA can lead to abnormal levels of both estradiol and testosterone.
- **Testosterone** - Often 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 acne and facial hair growth, and may indicate PCOS.

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, however, hormones are readily measured in their free and bioavailable state.

The FHP 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

Measurements of hormones can be used in two general ways:

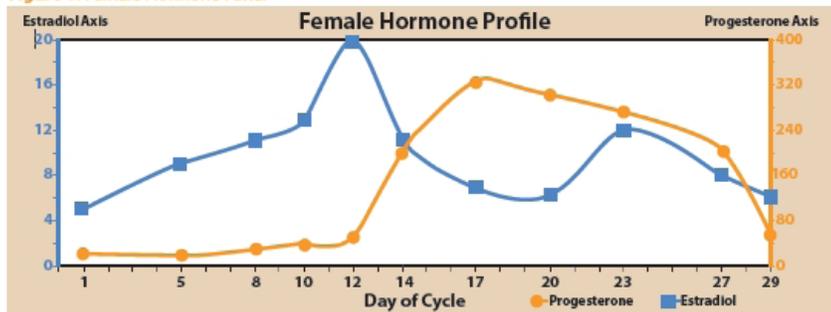
- To estimate the body's own hormone production as a baseline test
- To monitor levels of hormones during treatment

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

Symptoms / Cycle Chart

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

Figure 1: Female Hormone Panel™



Convenient, Simple, Thorough

- Collection is noninvasive 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 monthly cycle to provide a more comprehensive view of your hormone levels

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.

Ask your physician about additional test panels available from DiagnosTechs:

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

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