



Male Hormone Panel



The DiagnosTechs™ Male Hormone Panels (MHP and eMHP) use noninvasive saliva testing to evaluate levels of various hormones involved in male reproductive and sexual function. These panels include tests for seven to nine different hormones in order to give a comprehensive picture of male hormonal balance. Information about your hormone levels can be valuable when evaluating for conditions related to infertility, sexual dysfunction, and andropause—an age-related decline in male hormone levels.

Why is it important to measure male hormones?

Optimal health is dependent on a balance of hormones, not just a single hormone. 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

Monitoring hormone therapy is necessary in order to reduce the chance of undesirable and potentially serious side effects and to optimize treatment. Your healthcare provider can use the information gathered from the Male Hormone Panel (MHP) to gain a better understanding of your current hormone levels and to create a treatment plan that is right for you.

The Male Hormone Panel (MHP) can uncover hormone imbalances and deficiencies that may contribute to:

- *Decreased libido*
- *Erectile dysfunction*
- *Sleep disorders*
- *Decreased muscle mass and strength*
- *General fatigue/decreased energy*
- *Increased risk for coronary artery disease or heart attack*
- *Hair loss or thinning*
- *Increased fat accumulation*
- *Urinary problems*
- *Decreased bone density or osteoporosis*
- *Compromised immune function*
- *Irritability and depression*

The following 7 hormones are evaluated in the Male Hormone Panel (MHP):

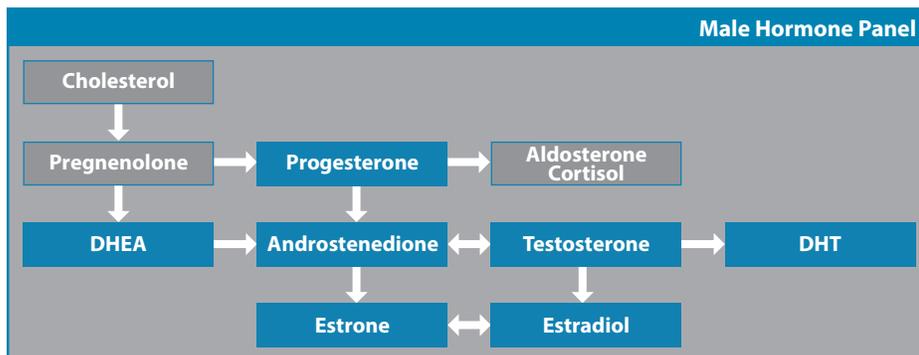
- **Testosterone** - This hormone is produced in the testes and is necessary for healthy male reproductive function. Testosterone helps to preserve lean body mass, bone density, cognitive function, red blood cell count, and libido.
- **DHEA** - A hormone produced in the adrenal glands as a precursor to testosterone and estrogen. Supplementation of DHEA is common in hormone replacement therapy.
- **Androstenedione** - Another important reproductive hormone precursor.
- **Dihydrotestosterone (DHT)** - Conversion of testosterone to dihydrotestosterone frequently increases with age. Excess DHT is associated with enlargement of the prostate or benign prostatic hyperplasia (BHP) and male-pattern baldness.
- **Estrogens (Estrone and Estradiol)** - Frequently thought of as “female hormones”, estrogens play important roles in male health as well. High estrogens have been associated with breast enlargement, prostate cancer, fat redistribution, and obesity. Controlling estrogen levels can be helpful in treating systems of andropause.
- **Progesterone** - Progesterone is often perceived as a ‘female’ hormone, however it is also produced in men and is a precursor to testosterone and estrogens. Elevated progesterone may be due to unintentional exposure and can lead to elevations in other hormones.

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 noninvasive and painless
- Saliva sample can be conveniently collected from your home, office or other location
- Seven to nine hormones are evaluated



The expanded version of this panel also includes:

- **Follicle stimulating hormone (FSH)**
FSH is a hormone that stimulates sperm production. It is released from the pituitary gland in the brain.
- **Luteinizing Hormone (LH)**
LH is another pituitary hormone that stimulates testosterone production by the testes.

With FSH and LH, our Expanded Male Hormone Panel gives more information about the possible underlying cause of many common male hormone problems.

Ask your physician about additional test panels available from DiagnosTechs:



Adrenal Stress Index Panel



Bone Health Panel



Calprotectin



Cycling Female Hormone Panels



Food Panel



Gastrointestinal Health Panels



Male Hormone Panels



Peri- & Postmenopause Panels

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