Menopause

sample type: **SALIVA & URINE**

Menopause Profile is a noninvasive **salivary/urine** assessment that measures levels of progesterone oestradiol, testosterone in addition to markers of bone turnover and oestrogen metabolism. Results can be used to identify imbalances contributing to menopausal symptoms as well as various systemic disorders. Identification of hormonal imbalances enables the practitioner to customise a treatment program. Combined with information about bone turnover and oestrogen-dependent conditions, this profile provides a valuable assessment of menopausal related conditions.

- ***Analytes:***
  2-OHE1, 16a-OHE1,
  2-OHE1/16a-OHE1 ratio
  Creatinine
  urinary pyridinium crosslinks (PYD + DPD)
  oestradiol
  progesterone
  testosterone

- ***Specimen Requirement:***
  1(2ml) saliva sample
  2x10ml first morning urine

- ***Before Taking this Test:***
  • Inform practitioner about all medication, oral contraceptive, and hormone supplement use
  • Do not eat, brush or floss teeth, use mouthwash, or chew gum (1 hour before)
  •Wash hands before collection
  • See instructions inside test kit for details

Following menopause, a marked decrease in oestrogen production can result in distinct changes in female physiology. **Dramatic reductions in hormone levels or imbalances between oestrogen, progesterone and testosterone can lead to:**

- Hot flushes
- Vaginitis
- Dyspareunia
- Impaired memory
- Altered lipid metabolism
- Accelerated aging of skin

By the time a woman reaches menopause, her total oestrogen production has typically declined by 70-80% and her androgen production by 50%. **Reduced hormonal levels are associated with increased risk for osteoporosis and cardiovascular disease.** In addition, potential functional impairments include:

- Immune regulation
- Mood control
- Glycemic control
- Sex drive
- Cognition

Establishing baseline measurements of oestrogens, progesterone and testosterone is critical in determining the need for hormone replacement therapy (HRT). Hormone levels may be normal, indicating that HRT is not needed. Reference ranges are provided for both non-supplementing and supplementing pre and post-menopausal women. Excess levels of oestradiol or testosterone may signify a higher risk of breast or endometrial cancer.

Procedure:

Menopause Profile examines a single saliva sample for levels of oestradiol, progsterone and testosterone. Measurements for markers of bone turnover as an assessment of osteoporosis risk and for oestrogen metabolsism as an assessment for cancer risk are made from a single first morning urine. Research has established salivary hormone assessment to be reliable and clinically useful. Salivary assessment offers the distinct advantage of detecting the free, bioavailable fraction of steroid hormones.

For the perimenopausal woman who has had at least one menstrual cycle within the last year, the **Rhythm** profile should be considered as an alternative.

Genova Diagnostics® Europe
Innovative Testing for Optimal Health

Progesterone : Phase No Cycle

	Low	Typical	Elevated	
Luteal Phase : Unsupplemented	**65.0**			
Reference Range:	<100	100 - 400	>400	pg/mL
Post Menopause : Unsupplemented		**65.0**		
Reference Range:	<20	20 - 70	>70	pg/mL
Oral : Supplemented	**65.0**			
Reference Range:	<100	100 - 600	>600	pg/mL
Cream / Gel : Supplemented	**65.0**			
Reference Range:	<500	500 - 2000	>2000	pg/mL

Oestradiol : Phase No Cycle

Luteal Phase : Unsupplemented	**3.5**			
Reference Range:	<4.0	4.0 - 7.0	>7.0	pg/mL
Post Menopause : Unsupplemented		**3.5**		
Reference Range:	<1.0	1.0 - 4.0	>4.0	pg/mL
Oral / Patch : Supplemented	**3.5**			
Reference Range:	<5.0	5.0 - 20.0	>20	pg/mL
Cream / Gel : Supplemented	**3.5**			
Reference Range:	<10.0	10.0 - 50.0	>50.0	pg/mL

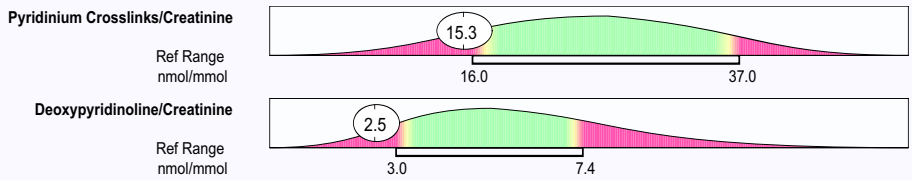
Testosterone (Female)

Analyte	Result	Normal Range	Units

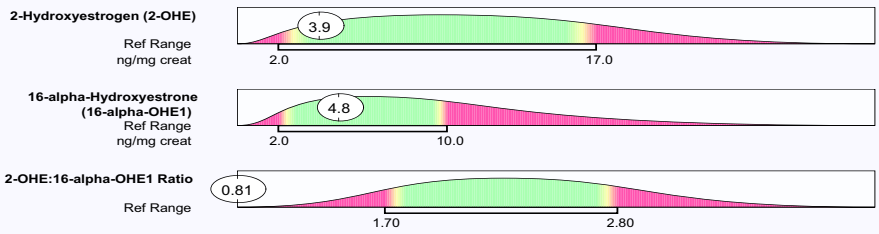
Results & Ranges

Analyte	Result	Reference Range (pg/mL)
Testosterone (Female)	30.5	Testosterone 30.5 (20 - 70)

Chemistry Parameters



Oestrogen Metabolism



This Test reveals important information about:

- ***Imbalances of oestradiol, progesterone, and testosterone that can trigger menopause-related symptoms*** *such as hot flushes, vaginitis, dyspareunia, impaired memory, altered lipid metabolism, diminished sex drive, and accelerated aging of the skin*
- ***Low or high sex steroid levels*** *linked to increased fat deposits and a higher risk of cardiovascular disease, breast and endometrial cancers, and other degenerative conditions*
- ***Baseline levels of unbound, bioavailable sex hormones*** *to assess clinical need for hormone replacement therapy*
- ***Bone turnover rate,*** *which can indicate a need for preventive and early treatment strategies to help avoid development of osteoporosis and disabling fractures*
- ***Hormonal imbalances*** *that may affect the risk and prognosis of oestrogen-dependent health conditions, such as breast cancer, lupus, osteoporosis, and heart disease.*

For test kits, clinical support, or more information contact:

Genova Diagnostics, Europe
Parkgate House
356 West Barnes Lane
New Malden
Surrey
KT3 6NB
+44 (0)20 8336 7750 • Fax: +44 (0)20 8336 7751

More detailed publications with references are also available: www.GDXuk.net