



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.

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, progesterone and testosterone. Measurements for markers of bone turnover as an assessment of osteoporosis risk and for oestrogen metabolism 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.

• **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



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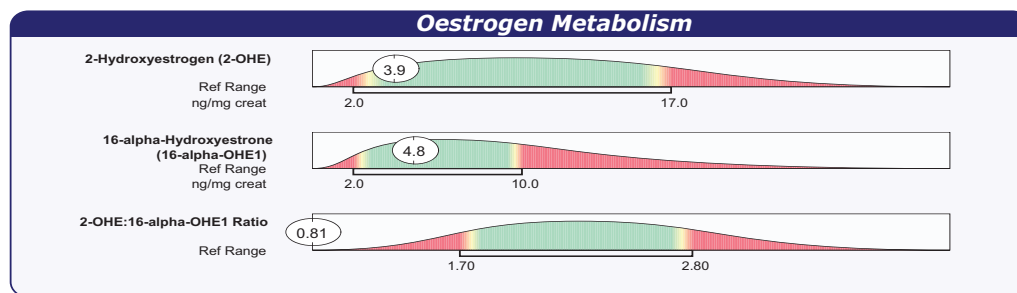
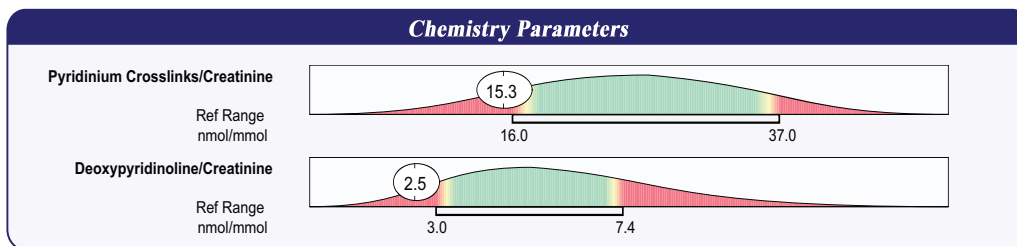
This Test reveals important information about:

- **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.

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					
	Low	Typical	Elevated		
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	Reference Range (pg/mL)
Testosterone (Female)	30.5	Testosterone	20 - 70



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

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