



## Everyone Should Know Their Risk



**Risk factors for developing estrogen-sensitive cancers, including breast, cervical, and prostate cancers:**

- Prolonged use of oral contraceptives (5+ years)
- Synthetic hormone replacement therapy
- Family or personal history of breast cancer
- Obesity or sedentary lifestyle
- Consumption of 2 or more alcoholic drinks per day
- Getting older
- Never having children, or having your first after 30
- Having high breast density on a mammogram
- Being exposed to large amounts of radiation

**An estimated 207,909 new cases of invasive breast cancer are expected to occur among women in the US during 2010; about 1,970 new cases are expected in men.**

– Cancer and Statistics, American Cancer Society, 2010

Now you can with a simple urine test! A test to determine if you might be at risk for estrogen-sensitive cancers...and a plan to reduce that risk.

### *Why should I assess my risk?*

Researchers at Rockefeller University found that the body metabolizes estrogen into several different forms that can impact cancer development. A person's "biochemical individuality" determines how much of each form is produced. Studies have shown that measuring the ratios of these important forms of estrogen provides an important indication of future risk for development of breast cancer and other estrogen-sensitive cancers. The studies also show that this risk can be modified!

### *What is measured in the Estronex<sup>SM</sup> Profile?*

The Estronex Profile is a measurement of six important forms of estrogen:

#### **The "good" estrogen:**

- 2-hydroxyestrone (2-OHE1) – reduces cancer growth
- 2-hydroxyestradiol (2-OHE2) – exhibits anti-carcinogenic effects
- 2-methoxyestrone (2-OMeE1) – shown to have anti-cancer effects
- 4-methoxyestrone (4-OMeE1) – non-cancerous

#### **The "bad" estrogen:**

- 4-hydroxyestrone (4-OHE1) – may react negatively with damaged DNA
- 16- $\alpha$ -hydroxyestrone (16 $\alpha$ -OHE1) – encourages tumor development

The ratio of these "good to bad estrogens" is determined from a single urine specimen.

### *What can I do if my 2:16 ratio is low?*

- Consume more foods containing indole-3-carbinol (I3C) such as broccoli, brussel sprouts, cauliflower, and cabbage.
- Take nutritional supplements containing Diindolylmethane (DIM) - a more stable supplement closely related to I3C.
- Follow up testing is recommended to ensure effective treatment.

Learn more at [www.estronex.com](http://www.estronex.com).

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