

Risks of treatment without actual testing of hormone levels includes:

- Increased blood pressure
- Endometrial cancer (uterine cancer)
- Fibroid growth
- Gallbladder disease
- At least twice the risk of breast cancer over 15 years

What could we have found out if we had tested her saliva hormone levels? We would have known that she has too much estrogen, not enough progesterone to balance the estrogen, low DHEA and marginal testosterone.

But she felt good on the estrogen, many will say. Yes, however, the silent killers (cancer, blood pressure, heart disease) rarely make anyone feel badly at the start. Her best course is a new treatment plan, designed around the objective saliva hormone measurements.

Ask your healthcare provider for the Menopausal Hormone Panels™ (PeriM/PostM™) or the expanded panels (ePeriM/ePostM™) to measure your hormones.

Arbitrarily given hormones may deal with the symptoms while posing other serious health risks

How do you benefit?

There are five distinct ways that you can benefit from using the saliva tests in the Menopausal Hormone Panels™:

- They are more affordable than blood or urine tests. Blood testing for six hormones costs \$250-\$300 more than saliva testing.
- The collection procedure spares you the pain of venipunctures with a needle.
- Results are more clinically reflective of your hormone status and needs.
- Results can lead to an individualized and customized treatment plan using natural hormones.
- You will minimize overdosing and underdosing. This will ensure that you use only the proper hormones in the appropriate amounts.

With salivary hormone testing, guesswork is a part of the past.

- The Peri/Post-Menopause Hormone Panels™ (PeriM/PostM™) help determine the risk of disease in your breast or uterus, and also allows for individualized recommendations on how to minimize this risk.
- Taking hormones without analysis and a determination of the true need for specific hormones entails unnecessary risk of possible serious side effects.
- The correct hormone panel along with the assistance of your doctor will aid in the prevention and treatment of osteoporosis.



- Our test helps you know for certain whether you are in menopause or in perimenopause.



Major Accreditation

Diagnos-Techs™ maintains superior test quality and accuracy with a stringent daily QA program and is registered with CLIA, licensed by the Washington State Department of Health, and accredited by the Joint Commission.

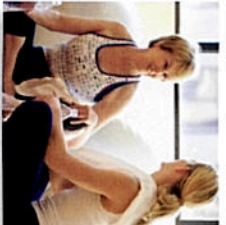
Licensure and Proficiencies

Also accredited and licensed by the State of Washington (License No. MTS-0327), subject to the Clinical Laboratory Improvement Act of 2003 (CLIA-2003) certification. Our Federal CLIA Number is 50D0630141. External proficiency testing obtained from the College of American Pathologists, American Proficiency Institute and American Association of BioAnalysts.

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For more information, please contact your healthcare provider.



Literally, menopause means the cessation of the monthly menstrual cycle; it signals the end of a woman's natural childbearing years. Menopause is neither a disease nor an illness—it is a natural and usually gradual change in glandular function. It has its origins in the beginning of menses and culminates in a series of hormonal changes that result in the cessation of menstrual flow. This transition produces a variety of bodily manifestations and symptoms, due to changes in the production of hormones and the timing of their release.

The right balance of hormones is important to long-term emotional, mental and bodily health

At menopause, various body parts undergo change and can produce one or more of the following symptoms:

- **Endocrine**
- Bleeding irregularities
- Vaginal dryness
- Hot flashes or sweats
- Changes in sex drive

Nervous system

- Insomnia
- Nervousness or irritability
- Headaches
- Mood changes
- Depression

Metabolic changes

- Skin aging or cosmetic changes
- Osteoporosis
- Altered fat and carbohydrate metabolism
- Atherosclerosis

What can you do about it?

There are several therapeutic options which may minimize or even eliminate many of the symptoms:

- Treat symptoms using synthetic hormones without hormone-level testing.
- Treat symptoms using natural hormones without any testing.
- Treat and correct symptoms using natural hormones with testing for hormone levels before and after treatment.

Why should you test?

Hormones are powerful substances that control multiple functions throughout the body. Hormone levels should be sufficient and balanced. Too much or too little is not conducive to long-term emotional, mental and bodily health.

By not measuring the hormones before and after treatment, your hormone picture is, at best, an educated guess, because hormone levels from woman to woman can vary from 200% to 1,500%. In fact, many women need only one hormone, while others require three or four different kinds.

Just as you cannot balance your bank account without numbers on your bank statements, hormone testing provides both a basis for treatment and proximity to your goal.

One can then:

- Customize natural hormone dosing to meet individual needs.
- Optimize hormone levels for minimum dosing to relieve symptoms and avoid overdosing.
- Achieve appropriate and compatible physiologic levels of several hormones.
- Increase the sense of well-being by removing underlying hormone deficits and imbalances.

What do we test for and what does it tell you?

We test for the naturally occurring female sex hormones: One, two, six or eight of them, depending on your need. We utilize your saliva as a sample for measuring hormones, such as testosterone, DHEA, progesterone, estradiol, estrone, estradiol, dihydrotestosterone and androstenedione.

The brain-derived regulating hormones Follicle Stimulating hormone (FSH) and Luteinizing hormone (LH), are also measured to help assess efficacy of control and feedback between the brain and ovaries. Measurement of FSH and LH is included in the expanded panels, the ePostM™ and ePeriM™. Saliva hormone values reflect the tissue exposure of your hormones. Blood and serum contain the total hormone, but your tissues are only bathed with the active or effective fraction as found in saliva. Active fraction measurements are superior to blood and urine measurements both in diagnosis and treatment.

How can we help you?

Let us take a common example:

A woman suffers from several symptoms—migraines, hot flashes and emotional fragility. She is having irregular periods, one every 6-8 months. Her doctor treats her with natural estrogens, but he does not do any testing to determine quantities or types of hormones that will meet her specific needs. The symptoms are under control, but her risks are increased. *(continued on trifold flap)*

