



sample type: **SALIVA**

Rhythm is a comprehensive salivary assessment of oestradiol, progesterone and testosterone spanning a full cycle period. Imbalances revealed in this profile can help illuminate root causes of disorders such as premenstrual syndrome (PMS), infertility, and menstrual irregularities.

Balance is the key. Research has long shown that fluctuating levels of oestradiol, progesterone and testosterone play a major role in a woman's overall health, effecting:

- Menstrual Cycle
- Mood Swings
- Sleep Patterns
- Appetite Level
- Sex Drive

Chronic imbalances of these hormones are implicated in disorders such as:

- PMS
- Anovulation
- Infertility
- Amenorrhoea
- Breast Cancer
- Endometriosis
- Polycystic Ovary Disease
- Osteoporosis

Interpretation:

Saliva testing provides a thorough analysis of oestradiol and progesterone over a full cycle. Testosterone is measured mid cycle and from the last day specimen. By utilising 12 saliva samples for analysis, the relationship and balance of these essential hormones are analysed more precisely through time. The levels of oestradiol and progesterone, as well as the ratio between the two, are clearly graphed for easy reference and patient education.

Unlike serum measurements that typically reflect both bound and unbound fractions of hormones, salivary samples represent only the free (unbound) bioavailable fraction of hormone. Factors that effect binding globulin such as obesity and thyroid function do not influence test results with false high or low test levels.

Indications:

Rhythm is indicated for both premenopausal and perimenopausal women not currently supplementing with hormones. An analysis of oestrogen, progesterone and testosterone can reveal ovulatory function and trends in hormone production. Imbalances such as unopposed oestrogen, high follicular progesterone, anovulation and luteal phase defects are easily identified. This test is especially useful in treatment of patients with chronic gynaecologic disorders.

The comprehensive version of Rhythm (**Rhythm Plus**) includes a circadian analysis of cortisol, melatonin, and an assay of DHEA.

- **Rhythm-**
oestradiol
progesterone
testosterone

- **Rhythm Plus-**
oestradiol
progesterone
testosterone
cortisol
DHEA
melatonin

- **Specimen Requirement:**
 - **Rhythm-**
12 (2ml) saliva samples collected over a full Cycle;
 - **Rhythm Plus-**
16 (2ml) saliva samples collected over a full Cycle

- **Before Taking this Test:**
 - Inform practitioner about all medication, oral contraceptive, and hormone supplement use
 - Avoid caffeine, alcohol, and nicotine (on day of test)
 - 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

Accession No:



Rhythm (Saliva)

Patient Details

Ms Sample Report
 Parkgate House
 356 West Barnes Lane
 New Malden
 Surrey
 KT3 6NB

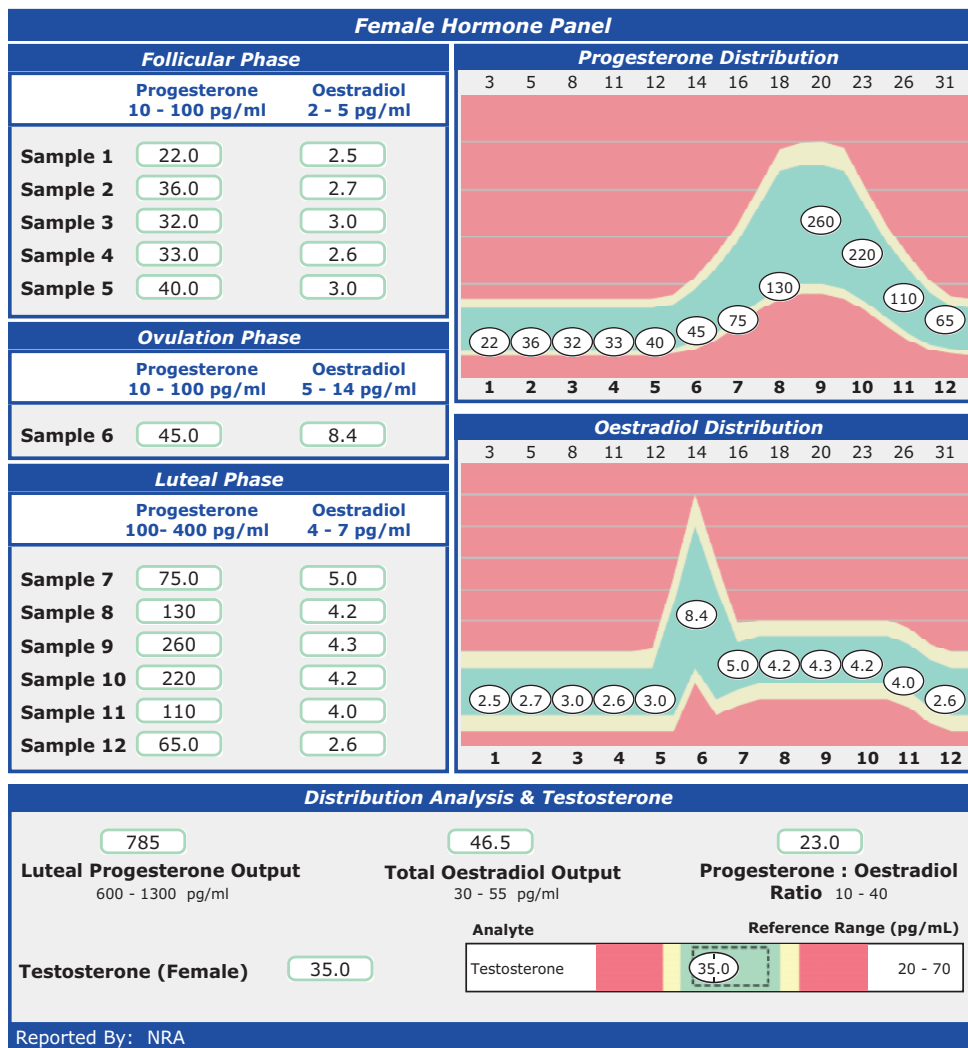
Practitioner Details

Genova Diagnostics (Europe)
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Client ID No: **IWX500220**
 Accession No:
 Patients DOB: 02/03/1975
 Sample Date:
 Date Of Report: 01/04/2008

This Test reveals important information about:

- **Bioavailable oestradiol, progesterone, and testosterone,** imbalances of which are linked to reproductive disorders and menstrual cycle irregularities, as well as osteoporosis, cardiovascular disease, and cancers of the breast and endometrium
- **Hormone balance through the complete menstrual cycle** with evaluation of twelve easily gathered saliva samples over a cycle.
- **Levels of cortisol, DHEA, and melatonin** (in the Rhythm Plus) for information relevant to the interrelationship of these hormones with female hormones



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

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