



sample type: **SALIVA & URINE**

Menopause Plus is a comprehensive, noninvasive salivary/urine assay for the analysis of oestradiol, progesterone, testosterone and oestrogen metabolites as well as cortisol, DHEA, and melatonin. Results can be used to identify imbalances contributing to menopause symptoms and various systemic disorders, and to determine the need for hormone replacement therapy as well as the effect of stress hormones on sex hormones.

Menopause Plus Profile is ideal for:

- The prevention and treatment of hormone-related symptoms and conditions
- Prescribing and monitoring Hormone Replacement Therapy (HRT)
- Identifying irregular hormone patterns over time

Menopause Plus Profile evaluates:

- Oestrogens
- Progesterone
- Androgens
- Adrenal hormones
- Melatonin

Interpretation

Menopause Plus Profile is ideal for the prevention and treatment of the following symptoms and conditions:

Cognitive and Mood	Ovarian Dysfunction	Other symptoms and conditions
Anxiety and Depression	Menopausal symptoms	Muscle weakness and atrophy
Fatigue	Osteoporosis	Hypoglycemia and diabetes
Poor memory		Cardiovascular disease
Loss of libido		Headaches/Migraines
		Sexual Dysfunction

The Benefits of Salivary Hormone Testing:

Multiple, non-invasive, at-home collections

These simple, at-home collections offer the advantage of measuring hormones at different times of the day, providing insight into irregular patterns of hormone secretion over time.

Measures the free, bio-available fraction of hormones

Salivary testing measures the portion of hormones that are active in the body.

Treatment

Therapy is directed at the source of the abnormality, which may include:

- HRT - oestrogen, progesterone, testosterone, cortisol, and DHEA.
- Nutritional support - vitamins and minerals are helpful for supporting glandular health (e.g. B-vitamins for adrenal health)

- **Analytes:**
oestradiol
2-OHE1, 16a-OHE1,
2-OHE1/16a-OHE1 ratio,
progesterone
testosterone
cortisol
DHEA
melatonin

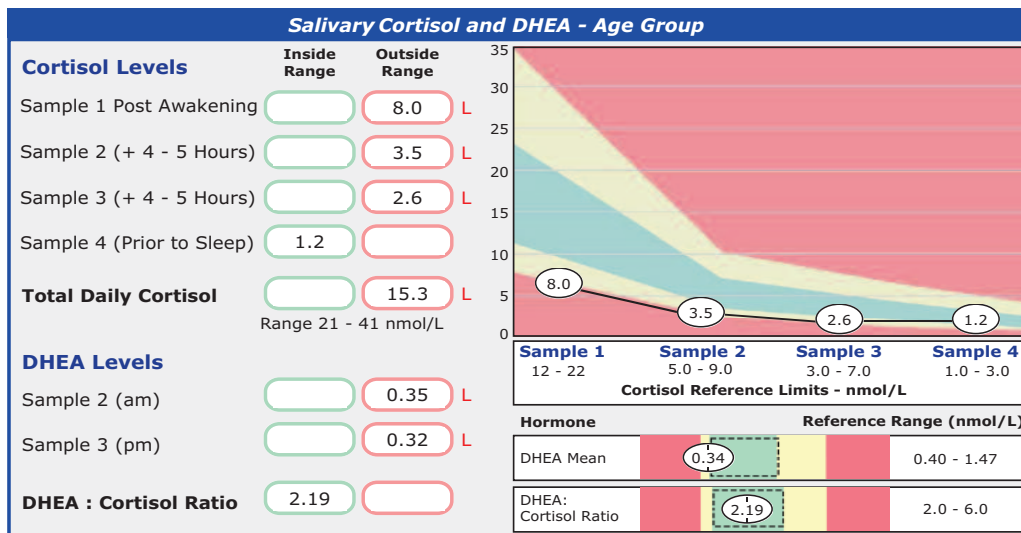
- **Specimen Requirement:**
4(2ml) saliva samples (over 24h)
1(10ml) first morning urine

- **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



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
- **Circadian disruptions of melatonin and cortisol** that can affect mood, stress resistance, aging process, and sleep patterns, as well as a DHEA assay to assess natural defense against degenerative processes

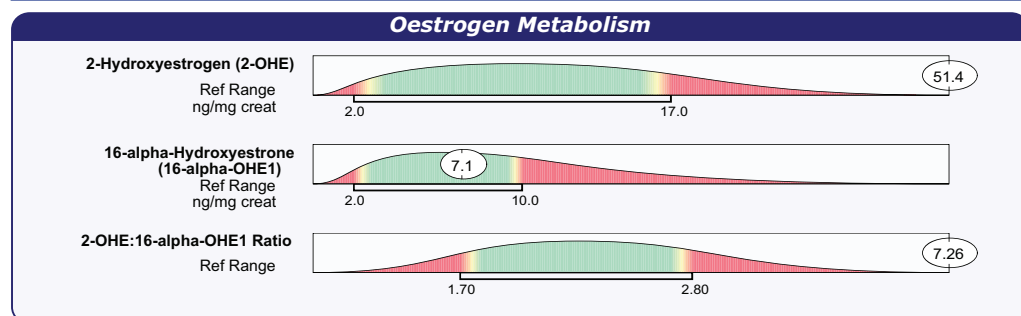


Progesterone : Phase Post Hysterectomy & Oophorectomy

	Low	Optimal	Elevated	
Luteal Phase : Unsupplemented	<input type="text"/>	<input type="text"/>	895.0	pg/mL
Reference Range:	<100	100 - 400	>400	
Post Menopause : Unsupplemented	<input type="text"/>	<input type="text"/>	895.0	pg/mL
Reference Range:	<20	20 - 70	>70	
Oral : Supplemented	<input type="text"/>	<input type="text"/>	895.0	pg/mL
Reference Range:	<100	100 - 600	>600	
Cream / Gel : Supplemented	<input type="text"/>	895.0	<input type="text"/>	pg/mL
Reference Range:	<500	500 - 2000	>2000	

Oestradiol : Phase Post Hysterectomy & Oophorectomy

Luteal Phase : Unsupplemented	1.9	<input type="text"/>	<input type="text"/>	pg/mL
Reference Range:	<4.0	4.0 - 7.0	>7.0	
Post Menopause : Unsupplemented	<input type="text"/>	1.9	<input type="text"/>	pg/mL
Reference Range:	<1.0	1.0 - 4.0	>4.0	
Oral / Patch : Supplemented	1.9	<input type="text"/>	<input type="text"/>	pg/mL
Reference Range:	<5.0	5.0 - 20.0	>20	
Cream / Gel : Supplemented	1.9	<input type="text"/>	<input type="text"/>	pg/mL
Reference Range:	<10.0	10.0 - 50.0	>50.0	



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

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