



sample type: **URINE**

EstroEssence: Complete is the most comprehensive **urinary** hormone metabolism evaluation designed to assist in the prevention and treatment of estrogen-related symptoms and conditions. This provides clues about menstrual irregularities, infertility, endometriosis, breast cancer, and osteoporosis.

• Analytes:

- Estrone
- Estradiol
- Estriol
- 2-Hydroxyestrone
- 4-Hydroxyestrone
- 2-Methoxyestrone
- 4-Methoxyestrone
- 16 α -Hydroxyestrone
- 2:16 Ratio
- 2-Methoxyestrone/
2-Hydroxyestrone Ratio
- 4-Methoxyestrone/
4-Hydroxyestrone Ratio
- Pregnanediol
- Cortisol, Free
- Androstenediol
- Testosterone
- allo-Tetrahydrocortisol (a-THF)
- Pregnanetriol
- Tetrahydrocortisol (THF)
- Tetrahydrocortisone (THE)
- Tetrahydrodeoxycortisol (THS)
- 17-Hydroxy-corticosteroids (Total)
- DHEA
- Androsterone
- Etiocholanolone
- 11-Hydroxy-androsterone
- 11-Hydroxy-etiocholanolone
- 11-Keto-androsterone
- 11-Keto-etiocholanolone
- 17-Ketosteroids (Total)*
- Anabolic/Catabolic Balance
- E/A: 5- β /5- α Ratio
- THF/a-THF Ratio
- 11- β -HSD Index
- Triiodothyronine, T3
- Human Growth Hormone (hGH)
- Aldosterone (available on 24-hour only)

• Specimen Requirements:

120ml urine

• Before Taking this Test:

Premenopausal women, note date of menstrual cycle on the requisition. Recommend women on HRT or hormonal contraceptives, to obtain specimen approximately 8-10 hours AFTER the last dose.

EstroEssence Complete is ideal for:

- The prevention and treatment of hormone-related symptoms and conditions
- Prescribing and monitoring Hormone Replacement Therapy (HRT)
- Assessing the risk of hormone-related disease, including breast cancer

EstroEssence Complete evaluates

- Estrogens and metabolites
- Progesterone metabolites
- Androgens and metabolites
- Human Growth Hormone
- Anabolic/Catabolic Balance
- Methylation capacity
- Thyroid hormone
- Aldosterone
- Adrenal hormones and metabolites

Interpretation

EstroEssence Complete is ideal for the prevention and treatment of the following symptoms and conditions:

Cognitive and Mood	Cancer	Ovarian Dysfunction	Other symptoms and conditions
Anxiety and Depression	Breast	Menopausal symptoms	Muscle weakness and atrophy
Fatigue	Uterine	Premenstrual syndrome	Hypoglycemia and diabetes
Poor memory	Ovarian	Polycystic ovarian syndrome	Cardiovascular disease
Loss of libido		Osteoporosis	Headaches/Migraines
		Uterine fibroids	Proinflammatory immune dysregulation

The Benefits of Urine Hormone Testing:

First-Morning-Void OR 24-hour urine collection

These simple, at-home collection options offer the advantage of a time average, effectively integrating spikes that may occur in these hormones over time.

Measures the free, bio-available fraction of hormones

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

Measures the metabolites of these important steroid hormones

These metabolites contribute to provide a robust analysis of hormonal excess or deficiency, and help to assess the adequacy and safety of hormone replacement therapy (HRT).

Anabolic/Catabolic Balance (ACB)

The ACB evaluates the ability for “growth and healing” (anabolic) versus the state of “wear and tear” (catabolic).

Methylation Capacity

Methylation is required for effectively eliminating carcinogenic hormone metabolites, and for activating protective hormones against cancer.

Treatment

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

- HRT – estrogen, progesterone, androgens, thyroid, cortisol, etc.
- Methylation support - S-adenosyl-methionine (SAME), B vitamins
- Estrogen Metabolism support - Indole-3-carbinol (I3C) and/or Diindolemethane (DIM)

Further treatments may be indicated by specific genomic testing (*EstroGenomics™*), which identifies modifiable genetic influences that can impair healthy hormone metabolism.

EstroEssence: Complete (24hr)



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Asheville, NC 28801
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Patient: **SAMPLE
PATIENT**

Order Number:

Completed: November 29, 2007

Age: 80

Received: November 14, 2007

Sex: F

Collected: November 13, 2007

MRN:

Urine Tests

Reference Range

DHEA (24hr urine)	<dl	0.10-0.50 micromol/24 hr
Pregnanediol (24hr urine)	0.13	<= 2.20 micromol/24 hr
Pregnanetriol (24hr urine)	0.75	0.30-1.30 micromol/24 hr
Cortisol, Free (24hr urine)*	34	20-90 mcg/24 hr
allo-Tetrahydrocortisol, a-THF (24hr urine)	2.88	0.50-3.30 micromol/24 hr
Tetrahydrodeoxycortisol (24hr urine)	0.85	<= 0.50 micromol/24 hr
Tetrahydrocortisone, THE (24hr urine)	15.18	3.40-10.80 micromol/24 hr
Tetrahydrocortisol, THF (24hr urine)	7.12	2.20-6.70 micromol/24 hr
THF/a-THF Ratio (24hr urine)	2.47	0.90-3.70
11-β-HSD Index (24hr urine)	0.66	0.59-1.42
Testosterone (24hr urine)	0.17	<= 0.11 micromol/24 hr
Androstenediol (24hr urine)	<dl	0.04-0.42 micromol/24 hr
Androsterone (24hr urine)	0.86	0.20-3.10 micromol/24 hr
Etiocholanolone (24hr urine)	1.33	0.30-3.30 micromol/24 hr
11-Keto-androsterone (24hr urine)	0.10	0.30-1.40 micromol/24 hr
11-Keto-etiocholanolone (24hr urine)	1.20	0.20-1.10 micromol/24 hr
11-Hydroxy-androsterone (24hr urine)	3.65	1.00-3.10 micromol/24 hr
11-Hydroxy-etiocholanolone (24hr urine)	1.43	0.40-2.40 micromol/24 hr
E/A: 5-β/5-α Ratio (24hr urine)	1.5	0.6-3.5
17-Hydroxy-corticosteroids, Total* (24hr urine)	26.78	7.10-20.10 micromol/24 hr
* Total values equal the sum of all measurable parts		
17-Ketosteroids, Total* (24hr urine)	8.57	3.20-11.70 micromol/24 hr
* Total values equal the sum of all measurable parts		

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

Client Services

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