

Male Hormones Plus

sample type: **SALIVA**

Male Hormones Plus is a noninvasive salivary assessment of the daily circadian activity of several bioavailable hormones. This profile provides insights into a wide range of disorders, from reduced libido and muscle mass to cardiovascular disease and osteoporosis.

Male Hormones Plus 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

Male Hormones Plus evaluates:

- Testosterone x1
- DHEA x 2
- Cortisol x 4
- Melatonin x 3

Interpretation

Male Hormones Plus is ideal for the prevention and treatment of the following symptoms and conditions:

| Cognitive and Mood | Other symptoms and conditions |
|------------------------|-------------------------------|
| Loss of libido | Muscle weakness and atrophy |
| Fatigue | Hypoglycemia and diabetes |
| Poor memory | Poor endurance |
| Anxiety and Depression | Sleep disturbance |
| | Prostate abnormalities |

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 - Testosterone, DHEA, cortisol, melatonin
- Nutritional support - many vitamins and minerals are helpful for supporting glandular health (e.g. B-vitamins for adrenal health)

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

- **Analytes:**
testosterone
cortisol
DHEA
melatonin

- **Specimen Requirement:**
4 saliva samples (3ml) collected over a 24-hour period

- **Before Taking this Test:**
 - 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



Genova Diagnostics® Europe

Innovative Testing for Optimal Health

Accession No:



Male Hormones Plus

Practitioner Details

Genova Diagnostics (Europe)
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356 West Barnes Lane
New Malden
Surrey
KT3 6NB

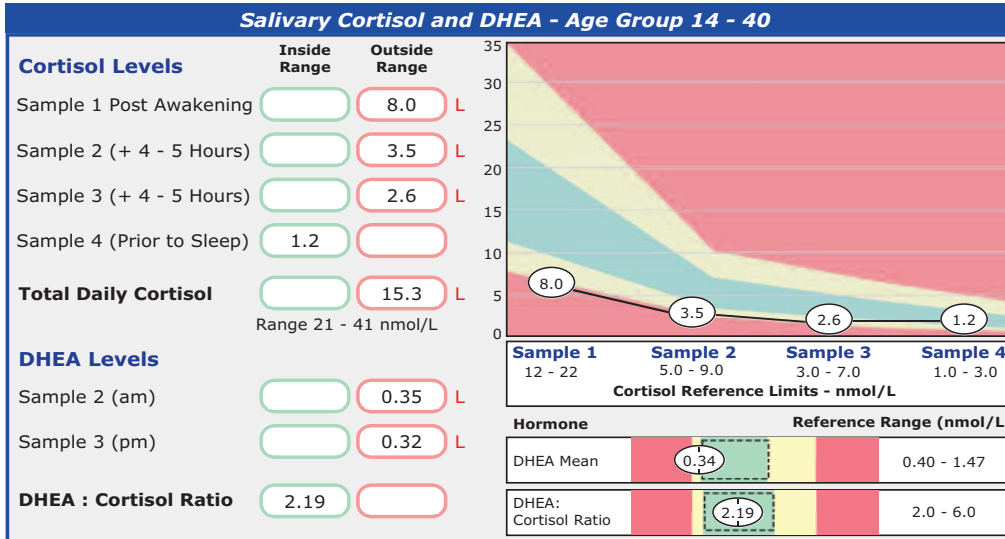
Patient Details

Mr Sample Report
Parkgate House
356 West Barnes Lane
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Surrey
KT3 6NB

Client ID No: IWX500220
Accession No:
Patients DOB: 02/03/1975
Sample Date:
Date Of Report: 08/05/2008

This test reveals important information about:

- **Bioavailable testosterone imbalances** linked to a range of conditions, including sexual dysfunction, depression, fatigue, heart disease, and osteoporosis.
- **Levels of cortisol, DHEA, and melatonin** for information relevant to the interrelationship of these hormones with testosterone



Adrenal Stress Stage

Exhaustion Stage: This is generally a state of insufficient production of adrenal hormones after multiple years of persistent stressors with insufficient coping mechanisms. Patients usually present with fatigue, poor energy and immune system hypofunction. They may exhibit chronic anxiety. In some patients this represents impaired response to shorter-term stressors (i.e. overreactivity to short term stress). Adrenal support and restoration measures, as well as identification and balancing of major stressors are indicated. This state should not be confused with Addison's disease, which is a near absence of adrenal hormones, and is a medical emergency.

Testosterone (Male)

| Analyte | Result | Normal Range | Units |
|-----------------------------|--------|-------------------------|----------|
| Results & Ranges | | | |
| Testosterone (Male) | 120 | Reference Range (pg/mL) | |
| | | Testosterone | 70 - 250 |

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

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