

Complete Hormones

Complete Hormones is the most comprehensive **urinary** hormone metabolism evaluation designed to assist in the prevention and treatment of hormone-related symptoms and conditions. This provides clues about menstrual irregularities, infertility, menopause, fatigue, 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
- Pregnanediol
- 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
- 11- β -HSD Index

Add-On:

- Cortisol, Free
- Triiodothyronine, T3
- Aldosterone (available on 24-hour only)

• Specimen Requirements:

120ml urine

• Before Patient Takes 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.

Complete Hormones is ideal for:

- The prevention and treatment of hormone-related symptoms and conditions
- Prescribing and monitoring Hormone Replacement Therapy (HRT) - 24-degree sample recommended
- Assessing the risk of hormone-related disease, including breast cancer

Complete Hormones evaluates

- Progesterone metabolites
- Adrenal hormones and metabolites
- Androgens and metabolites
- Anabolic/Catabolic Balance
- Estrogens and metabolites
- Methylation capacity

Interpretation

Complete Hormones 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.

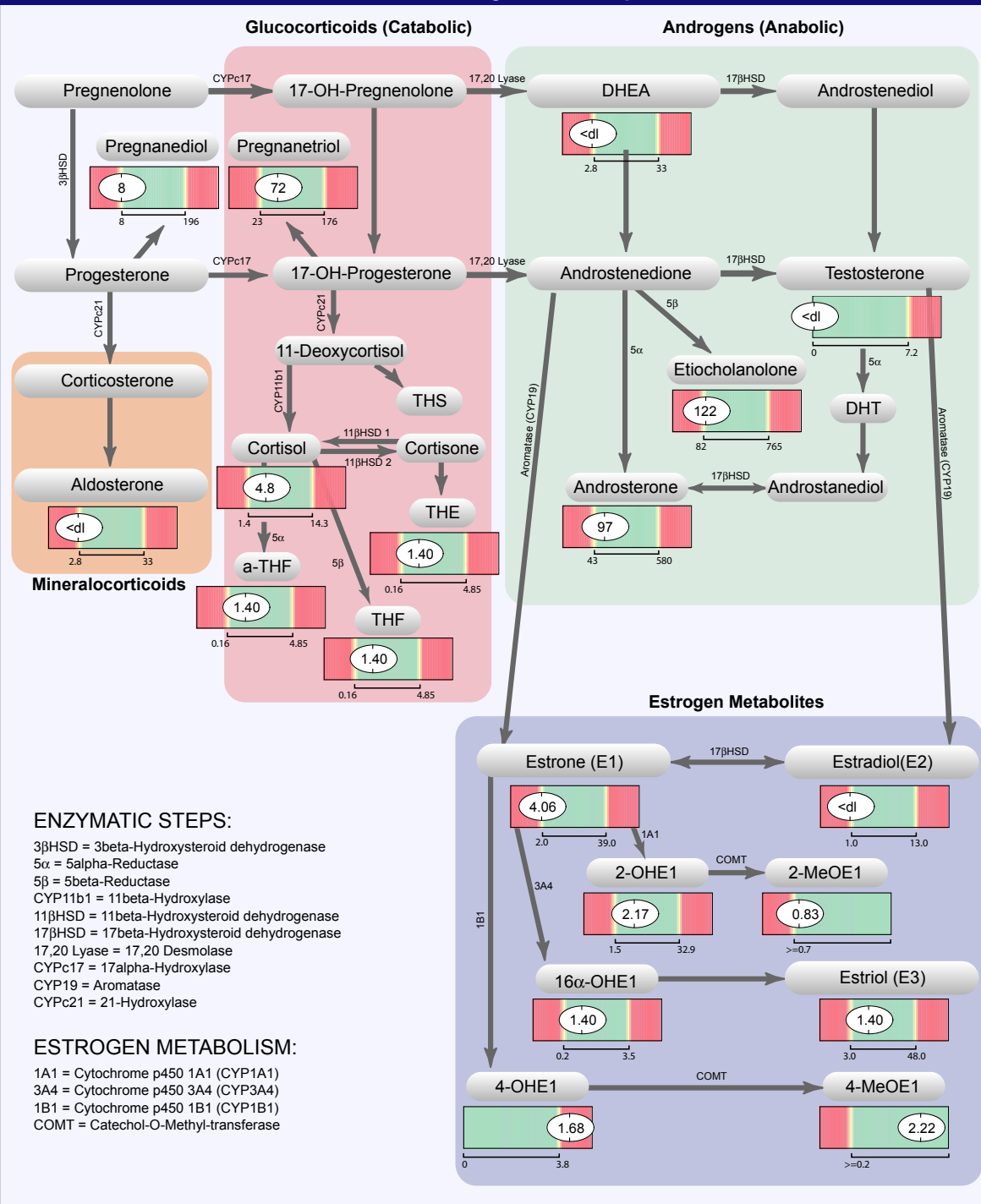
Treatment

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.

Steroidogenic Pathway At-A-Glance



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

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