

sample type: URINE

Complete Male Hormones

This test analyzes key urinary markers, providing insights into a wide range of disorders, from reduced libido and muscle mass to cardiovascular disease.

Complete Male Hormones is ideal for:

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

Complete Male Hormones evaluates:

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

Interpretation

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

• 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
17-Hydroxy-corticosteroids (Total)
DHEA
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:

Recommend men on HRT obtain specimen approximately 8-10 hours AFTER the last dose.

Diminished Cognition and Mood:

- Poor memory
- Poor attention/focus
- Fatigue
- Anxiety and Depression

Cancer:

- Prostate
- Breast

Loss of Well being:

- Muscle weakness and atrophy
- Poor healing
- Loss of libido

Other conditions:

- Diabetes and hypoglycemia
- Cardiovascular disease
- Inflammatory conditions
- Male pattern balding

Treatment

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

- HRT - testosterone, DHEA, thyroid, cortisol, etc.
- Nutritional support and hormones (e.g. chrysin increases testosterone by inhibiting aromatase)

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



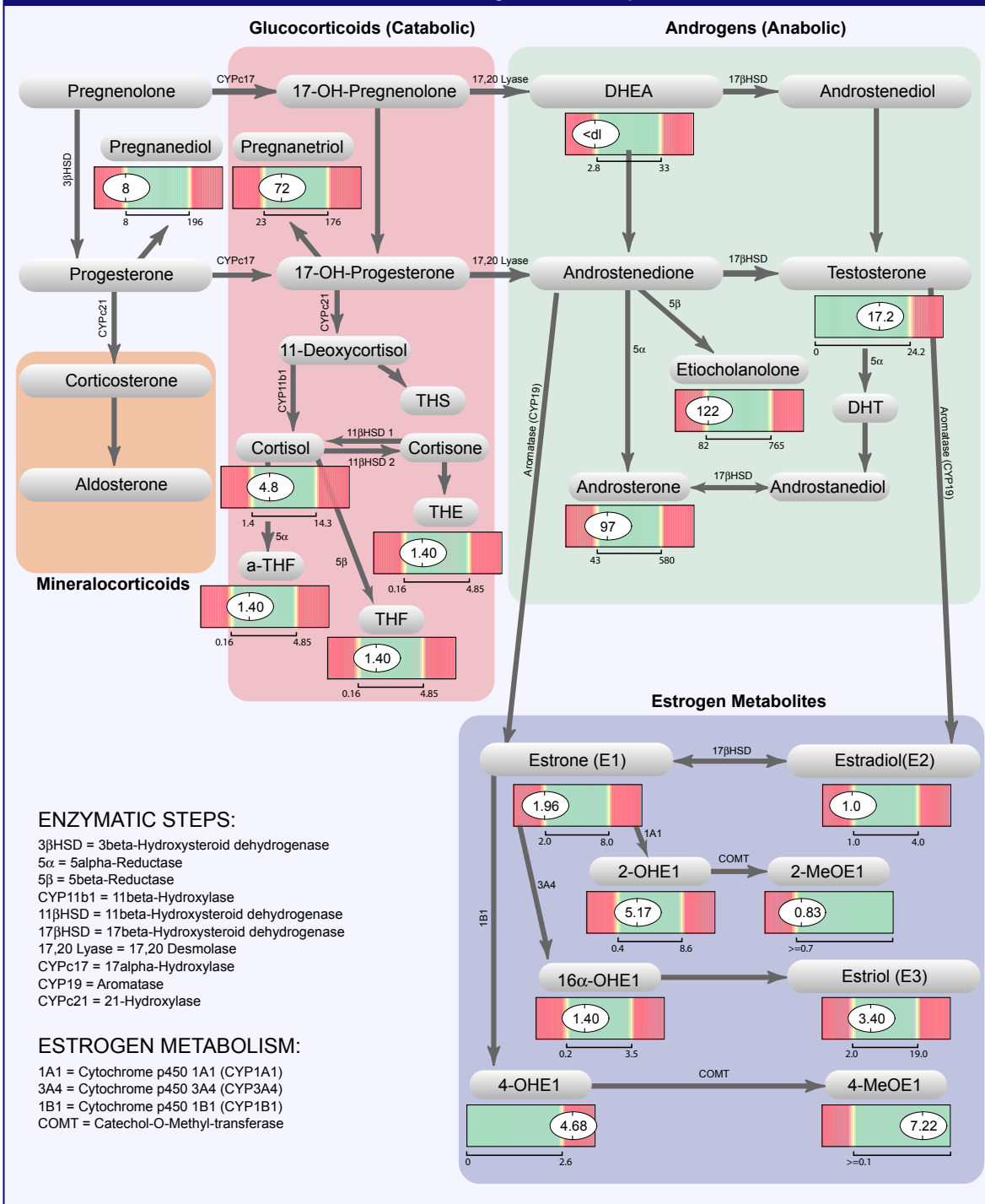
Genova
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Improving Healthcare for Chronic Disease



ONE-PAGE TEST DESCRIPTION

Steroidogenic Pathway At-A-Glance



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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).

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

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