



FEMALE HORMONE PANEL

Research has shown that imbalances of Oestrogen and Progesterone can contribute to osteoporosis, breast cancer, infertility and cardiovascular disease. In response to ageing, stress and other environmental antagonists, hormone production and utilisation can be significantly impaired.

The monthly fluctuation in Oestradiol and Progesterone plays a vital role in shaping the course of the menstrual cycle. Prior to menstruation, an imbalance of Progesterone and Oestrogen can produce physical and emotional discomfort for women - causing PMS (loss of sex drive, appetite, mood and disturbed sleep patterns).

Another hormone manufactured by women, albeit in smaller quantities than in men, is testosterone. A deficiency of testosterone is known to produce a decline in libido and a decreased overall sense of well being in women. Elevated levels of testosterone are frequently seen in women with Polycystic Ovarian Syndrome, which accounts for an increase in certain features such as body hair and acne.

Anyone suffering from the following should consider having the female hormone panel:

- PMS
- Irregular menstrual cycle
- Infertility
- Menopause
- Loss of skin elasticity
- Loss of lean body mass
- Poor muscle and bone development
- Fatigue
- Sleep disorders
- Anxiety/depression
- Loss of libido
- Migraines
- Hot flushes
- Water retention
- Endometriosis and PCOS
- High stress levels
- Osteoporosis
- Decreased general wellbeing
- Loss of motivation and drive
- Excess hair in male distribution areas
- Hair loss
- Prone to acne



How does the test work?

The Female Hormone Panel measures levels of Progesterone and Oestradiol over 28 days, using 12 saliva samples. This test also assesses testosterone levels. Collection of hormones in saliva is a convenient non-invasive and stress free procedure. In addition, saliva samples reveal critical information about hormones as, unlike blood samples, they represent the free, bio-available fraction of the hormone.

COMPREHENSIVE FEMALE HORMONE PANEL

The Comprehensive Female Hormone Panel includes the female hormone panel as detailed above plus a melatonin profile and an adrenal stress index test.

Melatonin is another hormone, which plays a vital role in the regulation of various hormones according to the natural daily cycle. It helps to regulate body temperature, influences female reproductive hormones and cardiovascular function. It functions as a potent antioxidant and enhances the immune system by stimulating natural killer cells. Its release is stimulated by dark and suppressed by light. It is produced in abundance before puberty, but declines steadily after that until old age, when virtually none is produced.

Stress can directly affect the reproductive system. For example, stress can stop periods by preventing ovulation. Stress also affects sleep and, as a result, reduces Melatonin production.

Conditions associated with a melatonin imbalance

- Abnormal sexual development
- Cardiovascular disease
- Cancer
- Delayed sleep phase syndrome
- Depression
- Headaches (tension and cluster)
- Immune disorders
- Infertility
- Insomnia
- Jet lag
- Menstrual irregularities
- Premature ageing
- Multiple Sclerosis
- Seasonal Affective Disorder (S.A.D)
- Stress

Conditions associated with Cortisol and DHEA imbalance

- Allergies
- Asthma
- Autoimmune diseases (rheumatoid arthritis, systemic lupus erythematosus, multiple sclerosis, Crohn's disease, ulcerative colitis)
- Chronic fatigue syndrome
- PMS
- Cancer
- Heart disease
- Diabetes
- Impaired immunity/ recurrent infections
- Chronic levels of stress
- Osteoporosis
- Poor concentration and memory
- Insomnia, depression,
- Loss of libido
- Digestive disturbances (diarrhoea, constipation, bloating, stomach aches/ pains)

How does the test work?

The female Hormone panel measures Progesterone and Oestradiol over 28 days, using 12 saliva samples. Melatonin, Cortisol, and DHEA are collected using saliva samples in one 24 hour period.

1-DAY PROGESTERONE AND OESTROGEN

Hormonal function in women is controlled by the pituitary gland in the brain, which induces hormonal changes each month and then later during the menopause. Although menopause is a normal part of a woman's maturation, many individuals experience discomfort due to a decrease in the levels of oestrogen and progesterone. Furthermore, many health practitioners advocate the use of 'natural' progesterone creams, which can rapidly elevate levels of progesterone above normal healthy levels.

Symptoms associated with imbalanced progesterone / oestrogen

- Menstrual Irregularities
- Painful, heavy, or irregular periods
- Breakthrough bleeding
- Osteoporosis
- Vaginal dryness
- Night sweats and hot flashes
- Bladder infections
- Memory problems, confusion
- Depression, anxiety
- Loss of sexual desire
- Endometriosis
- Fibrocystic breast disease
- Fluid retention and bloating
- Infertility
- Ovarian cysts
- Premenstrual Syndrome
- Weight gain, cellulite
- Cancer
- Loss of head hair
- Headaches
- Dizziness
- Insomnia
- Loss of energy and enthusiasm

Sample requirements

The test is carried out using a single saliva sample.

Pre Menopause: 1 saliva sample day 21 or Post Menopause: 1 saliva sample any day.

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory, you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the Test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend.

For further information consult your practitioner, or call us today on 020 7730 7010

INDIVIDUAL WELLBEING DIAGNOSTIC LABORATORIES

Parkgate House 356 West Barnes Lane New Malden Surrey KT3 6NB
tel: 020 8336 7750 fax: 020 8336 7751 email: info@iwdl.net www.iwdl.net