You can experience *great health* at every stage of your life.

Women's Hormone Testing

Genova Diagnostics®

Innovative Testing for Optimal Health

Ask yourself these simple questions to see if hormone testing may be right for you:

- ❑ Has your interest in sex diminished?
- ❑ Have you tried to conceive for a year without success?
- ❑ Do you experience hot flashes, vaginal dryness, urinary incontinence, depression, mood swings, or changes in sleep patterns or appetite?
- ❑ Do you experience irritability, bloating, headaches, breast swelling or mood swings in the week prior to menstruation?
- ❑ Do you experience irregular menstrual cycles, spotting, or heavy bleeding?
- ❑ Do you tend to have painful periods?
- ❑ Do you have excess facial hair?
- ❑ Is intercourse painful to due to vaginal dryness?
- ❑ Do you have a family history of breast or ovarian cancer?
- ❑ Are you at risk of heart disease due to smoking, over weight or family history?

Hormone imbalances contribute to the following diseases:

- Osteoporosis
- Breast cancer
- Endometrial cancer
- Heart disease
- Endometriosis
- Polycystic ovary disease

Conditions caused or aggravated by imbalanced hormones:

- Low libido
- Infertility
- Miscarriage
- PMS
- Symptoms of menopause
- Menstrual irregularity

If you answer "yes" to any of these questions, talk to your doctor about the benefits of hormone testing.

Throughout your life, hormones play a crucial role in maintaining your health. Your body produces these chemicals to stabilize many of its systems. Proper balance of estrogen, progesterone and testosterone are essential for optimal muscle tone, bone health, libido, fertility and a healthy menstrual cycle.

Many women have found that personalized hormone replacement therapies have positive benefits in their daily lives. Optimal skin tone, easier weight management, and increased energy levels are just a few of the benefits for menopausal women and women close to menopause (peri-menopause). Imbalanced hormones also affect sleep, metabolic rate and immune system function, and contribute to the development of osteoporosis, breast and endometrial cancer, and heart disease.

Hormone Balance: From Health to Happiness

FEMALE HORMONES

Hormones are tremendously complex. During the pre-menopausal years, imbalanced hormones can pose challenges with mood stabilization, conception and regulation of your menstrual cycle.

Many women entering their 40s or 50s experience a range of symptoms from hormonal imbalance, including loss of sex drive, “brain fog”, weight gain, hot flashes, irregular menstrual cycles, vaginal dryness, urinary incontinence, depression and/or changes in sleep patterns.

From the onset of your period through menopause and beyond, proper hormone balance affects many of the issues most important to you: sex, fertility, relationships and even your outlook on life. Establishing baseline measures is essential to determining the need for hormone replacement therapy (HRT) or other means of balancing hormones. With proper insights, you and your doctor can create a customized pharmaceutical or natural HRT program, including the use of bioidentical hormones, an increasingly popular option.

Specialized lab tests from Genova Diagnostics deliver precise insights about the way your hormone levels impact your body.

THYROID FUNCTION

The thyroid gland secretes hormones that regulate your metabolism. Disruptions can slow down or speed up your body’s metabolism, resulting in fatigue, hair loss, dry skin, weight gain or loss, changes in menses, high blood pressure and/or heart problems.

ADRENAL FUNCTION

The adrenal glands produce several hormones, including DHEA and cortisol. When out of sync due to stress and other influences, these hormonal imbalances can cause weakness, fatigue, muscle and joint pain, obesity and reduced sense of well-being. A prolonged imbalance can impact the immune system, trigger premature aging and set the stage for chronic illness.

OSTEOPOROSIS

Osteoporosis is a disease that results from bone loss, gradually leading to bone weakening. Reduced height, stooped posture, fractures, and deformities may result. Most diagnostic tests only confirm bone loss after it has occurred. Genova Diagnostics’ Bone Resorption Assessment detects early active bone loss before it becomes a problem, allowing you to take preventive action.

MELATONIN PRODUCTION

Melatonin possesses powerful anti-aging and anti-cancer properties, and enhances sleep. Low levels may be associated with insomnia, menstrual irregularities and/or infertility. High levels may be associated with depression.

There are safe and effective ways to synchronize hormone levels. Patients are often surprised at how easy it is to remedy these problems and how great they feel once they have embarked on a plan with their health care provider. Ask your doctor about the benefits of hormone testing. One or more of these Genova tests may be right for you:

- Hormone Health
- Rhythm Plus
- Menopause Plus
- Complete Hormones
- Essential Estrogens
- Comprehensive Melatonin Profile
- Comprehensive Thyroid Assessment
- Adrenocortex Stress Profile
- Bone Resorption Assessment

Essence Hormone Tests

The most complete line of endocrine testing

Headquartered in Asheville, NC, Genova Diagnostics is a global leader in functional laboratory testing and a pioneer in innovative new approaches to personalized medicine. Unlike traditional labs that focus on disease pathology, Genova offers comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of specific biological systems. As more patients take an active role in managing their health, and clinicians focus on prevention, these diagnostic tests provide a more complete picture of health and help identify problems before chronic conditions and diseases develop. Color graphic reports facilitate physician-patient communication and development of a personalized approach to optimal health. The internationally renowned lab is committed to the highest professional standards and has a team of medical experts who provide consultation to healthcare professionals, as well as a robust array of educational resources.

63 Zillicoa Street • Asheville, NC 28801
800.522.4762 • Fax: 828.252.9303

www.gdx.net

© 2008 Genova Diagnostics