



The most complete line of endocrine testing

## One Day Progesterone / Oestradiol

sample type: **SALIVA**

One Day Progesterone / Oestradiol ( 1-Day P/O) is a noninvasive salivary assay that examines one specimen for levels of oestradiol and progesterone for women who are menopausal. Results can be used to identify imbalances contributing to menopause symptoms and various systemic disorders, and to determine the need or to control hormone replacement therapy including 'natural' cream based formulas.

### One Day Progesterone / Oestradiol is ideal for:

- The prevention and treatment of menopause-related symptoms and conditions
- Prescribing and monitoring Hormone Replacement Therapy (HRT)
- Monitoring hormone levels in women on the contraceptive pill.

### Symptoms associated with Progesterone / Oestrogen imbalances

Osteoporosis	Breast atrophy / fibrocystic breast disease		
Loss of sexual desire	Vaginal dryness	Hot flushes	
Memory problems	Depression	Weight gain	Headaches
Amenorrhoea, dysmenorrhoea, polymenorrhoea, persistent bleeding between periods			

### The Benefits of Salivary Hormone Testing:

#### Non-invasive, at-home collection

This simple, non-invasive, at-home collection offers the convenience of measuring many hormones from a single salivary sample.

#### 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 - oestrogen, progesterone, etc.
- Nutritional support - many vitamins and minerals are helpful for supporting glandular health (e.g. B-vitamins for adrenal health)

This test is incorporated into the **Menopause** and **Menopause Plus** Profiles. For the perimenopausal woman who has had at least one menstrual cycle within the last year, the **Rhythm** profile should be considered as an alternative. Further treatments may be indicated by specific genomic testing (EstroGenomics™), which identifies modifiable genetic influences that can impair healthy hormone metabolism.

- **Analytes:**  
oestradiol  
progesterone

- **Specimen Requirement:**  
1 (2ml) saliva sample

- **Before Taking this Test:**
  - Inform practitioner about all medication, oral contraceptive, and hormone supplement use
  - 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:



# Progesterone / Oestradiol Balance

**Patient Details**

**Ms Sample Report**  
**Parkgate House**  
**356 West Barnes Lane**  
**New Malden**  
**Surrey**  
**KT3 6NB**

**Client ID No:** IWX500220  
**Accession No:**  
**Patients DOB:** 02/03/1965  
**Sample Date:** 12/05/2008  
**Date Of Report:** 12/05/2008

**Practitioner Details**

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

This Test reveals important information about:

- **Imbalances of oestradiol and progesterone, that can trigger menopause-related symptoms** such as hot flushes, vaginitis, dyspareunia, impaired memory, altered lipid metabolism, diminished sex drive, and accelerated aging of the skin
- **Baseline levels of unbound, bioavailable sex hormones** to assess clinical need for hormone replacement therapy

Progesterone : Phase No Cycle				
	Low	Typical	Elevated	
<b>Luteal Phase : Unsupplemented</b>	65.0			
Reference Range:	<100	100 - 400	>400	pg/mL
<b>Post Menopause : Unsupplemented</b>		65.0		
Reference Range:	<20	20 - 70	>70	pg/mL
<b>Oral : Supplemented</b>	65.0			
Reference Range:	<100	100 - 600	>600	pg/mL
<b>Cream / Gel : Supplemented</b>	65.0			
Reference Range:	<500	500 - 2000	>2000	pg/mL

Oestradiol : Phase No Cycle				
	Low	Typical	Elevated	
<b>Luteal Phase : Unsupplemented</b>	3.5			
Reference Range:	<4.0	4.0 - 7.0	>7.0	pg/mL
<b>Post Menopause : Unsupplemented</b>		3.5		
Reference Range:	<1.0	1.0 - 4.0	>4.0	pg/mL
<b>Oral / Patch : Supplemented</b>	3.5			
Reference Range:	<5.0	5.0 - 20.0	>20	pg/mL
<b>Cream / Gel : Supplemented</b>	3.5			
Reference Range:	<10.0	10.0 - 50.0	>50.0	pg/mL

Progesterone / Oestrogen Balance				
<b>Ratio : Progesterone / Oestradiol</b>		18.6		
Reference Range:	<10.0	10.0 - 100	>100	Ratio
<b>Current Hormone Therapies:</b> None				
* Supplemented ranges represent hormone levels 10 hours after last dose.				

**Commentary**

**Progesterone levels are consistent with those typically seen post menopause.**

**Oestradiol level consistent with that typically seen post menopause.**

**The Progesterone to Oestradiol ratio (P/O) is within normal limits.**

Reported By: NRA

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

Genova Diagnostics, Europe  
 Parkgate House  
 356 West Barnes Lane  
 New Malden  
 Surrey  
 KT3 6NB

+44 (0)20 8336 7750 • Fax: +44 (0)20 8336 7751

More detailed publications with references are also available: [www.GDXuk.net](http://www.GDXuk.net)