



# SALIVA TEST REPORT

**Patient Name**  
John Doe

**Patient ID**  
JD600702

Non-smoker

**BMI** 29.1

**Waist** Unspecified

**DOB**  
7/2/1960 (56 yrs)

**Report Date and Time**  
10/24/2016 17:30

**Medications**

None indicated

**Gender**  
M

**Received Date and Time**  
Time 10/17/2016 14:59

**Provider ID:** 0000

Doctor T

17387 63rd Ave

Lake Oswego OR 97035

**Ph:** xxx-xxx-xxxx

**Specimen Collection Date and Time**  
Saliva Morning 10/14/2016 07:30

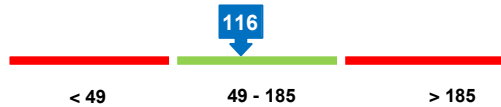
## YOUR TEST RESULTS

Normal Range

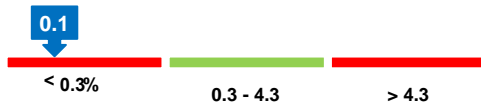
Low or High Range

Your Levels

### Testosterone (pg/mL)



### Estradiol (pg/mL)



### Progesterone (pg/mL)



This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness. This test was developed and its performance characteristics determined by AYUMETRIX. It has not been cleared or approved by the FDA. The laboratory is regulated under CLIA as qualified to perform high-complexity testing.

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# What do your hormone results mean?

## **TESTOSTERONE**

Testosterone has important role in maintaining bone strength, muscle mass and energy level. In women, testosterone contributes to sex drive or libido. Menopause causes significant decline in the testosterone levels. In men, testosterone is responsible for growth and development of sexual characteristics, facial and body hair, increased sexual drive and sperm production.

## **ESTRADIOL**

Estradiol acts mainly as a growth hormone for the reproductive structures in females. In addition, estradiol works in conjunction with progesterone during the menstrual cycle and pregnancy. Low estrogen levels can cause low libido or diminished sex drive and too much estrogens can cause symptoms of estrogen dominance. In males, estradiol is involved in sperm maturation and also helps to maintain a healthy libido.

Estradiol has a significant role in maintaining healthy bone growth and improving blood flow in coronary arteries in addition to offering neuroprotective effects. Estrogens have been known to contribute to risk of breast cancer as well as some non-cancerous conditions like endometriosis and uterine fibroids.

## **PROGESTERONE**

Progesterone in females is known to be involved in maintaining normal menstrual cycles and early stages of pregnancy. Low levels of progesterone can cause abnormal cycles or conception problems. Low progesterone levels could also result in higher estrogen levels, which has been known to decrease sex drive and cause weight gain. High progesterone levels have been known to be responsible for symptoms like mood swings, bloating, breast tenderness.

In men, progesterone acts as a precursor to testosterone. As men age, the testosterone levels decrease, the estradiol increases, and progesterone levels decline. Low progesterone levels in men can cause problems like weight gain, low sex drive, hair loss, depression or erectile dysfunction.