

# SALIVA TEST REPORT

<b>Patient Name</b> John Doe	<b>Patient ID</b> JD751022	<b>Smoker</b> <b>BMI</b> 25.8	<b>Waist</b> 34 in
<b>DOB</b> 10/22/1975 (42 yrs)	<b>Report Date and Time</b> 11/8/2017 15:00	<b>Medications</b> None	
<b>Gender</b> M	<b>Received Date and Time</b> 11/1/2017 14:30	<b>Provider ID:</b> 0000 Doctor T 6655 SW Hampton St Tigard, OR 97223 <b>Ph:</b> xxx-xxx-xxxx	
<b>Specimen Collection Date and Time</b> Saliva Morning 10/31/2017 09:30			

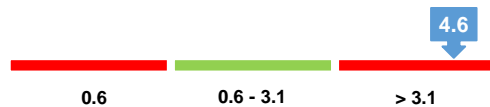
## YOUR TEST RESULTS

Normal Range

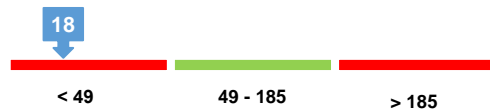
Low or High Range

Your Levels

### Estradiol (pg/mL)



### Testosterone (pg/mL)



### DHEA (pg/mL)



### Cortisol Morning (ng/mL)



# What do your hormone results mean?

## **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.

## **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.

Low testosterone levels can result in conditions like hair loss, reduced muscle mass, hot flashes, depression and increased breast size. High testosterone levels have been linked with aggressive behavior, acne, low sperm count, liver disease and heart muscle damage.

## **DHEA**

DHEA is produced by the adrenal glands and is a precursor to both testosterone and estrogens. DHEA is also a neurohormone as small quantities are produced in the brain. It has a broad spectrum of benefits including improved energy, mood, memory, increased testosterone levels, enhanced libido and immune function. In men, low DHEA levels can cause low libido, reduced muscle mass and strength, depression, fatigue and compromised immune function. In women, DHEA is known to balance other hormones like estrogens, progesterone and testosterone. Low DHEA levels can cause weight gain, depression, fatigue and low libido.

## **CORTISOL**

In addition to being called as “the stress hormone”, cortisol helps in proper glucose metabolism, converting sugars into energy. High cortisol levels in men have been associated with hyperglycemia, weight gain, compromised immune function and high blood pressure. Cortisol imbalance is known to result in conditions like irritability, fatigue, depression, foggy thinking, weight gain and bone loss. Stress reducing activities including meditation and breathing exercise have been recommended to relieve stress levels and avoid premature aging.

Good sleep, mild exercise, meditation, adequate nutrition (protein), adrenal extracts, nutritional and herbal supplements (vitamins C, B5, ginseng, licorice root etc.) are some of the natural ways to boost adrenal function. Use of products that boost adrenal function should be discussed with a qualified health care provider.

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.