

LAB No. :

LABORATORY REPORT

Consulting Pathologist: **Dr D. Deam**

Patient :
 Address :

Date of Birth :
 Requested by : D
 Date Received 0
 Referring Laboratory :
 Provider No. :

	<u>Result</u>	<u>Units</u>	<u>Ref.Range</u>
2 - HYDROXYESTRONE (2OHE1)	20.5	ng/mg creat	
16 - HYDROXYESTRONE. (16OHE1)	3.7	ng/mg creat	
OESTROGEN METABOLITE INDEX 2/16	5.6		

EXPECTED VALUES

(Range for 2OHE1 in urine of healthy women (NOT ON HRT))

Premenopausal 4-100ng/mg creat
 Postmenopausal 1-20 ng/mg creat

(Range for 2OHE1 in urine of healthy women (ON HRT))

20-140ng/ mg creat

(Range for 16OHE1 in urine of healthy women (NOT ON HRT))

Premenopausal 2-40 ng/mg creat
 Postmenopausal 0.6-10 ng/mg creat.

(Range for 16OHE1 in urine of healthy women (ON HRT))

8-35 ng/mg creat.

The ideal value for the 2/16 ratio is above 2.0. The following have been shown to raise the ratio
 : Cruciferous vegetables (eg broccoli , brussel sprouts , cabbage , cauliflower) which contain the important nutrients indole-3-carbinol (I-3-C) and diindolylmethane (DIM)
 : Supplementation of I-3-C or DIM
 : Soy foods (eg tofu, Soy milk, Soy beans)
 : Flax seed