

Salivary Hormone Profiles – Male & Female

Baseline Hormone Profile (Male & Female)

The Baseline Hormone Profile provides valuable information on an individual's hormonal status and the potential impact this may have on physical and emotional health. Hormonal imbalance may result in a symptom picture which includes weight gain, mood swings, night sweats, disturbed sleep pattern, loss of libido and hot flushes.

Salivary Hormone testing is unique in that it helps identify the hormonal imbalances which may be causing chronic health problems. Results obtained from the test make it possible for practitioners to individualise treatment in order to establish optimal hormone balance. Testing can also be used to monitor the effects of bioidentical/natural hormone replacement therapy.

The Baseline Hormone Profile is a non-invasive test which requires the collection of one saliva specimen, from which multiple hormones are tested.



Full Cycle Female Hormone Profiles

The Female Hormone Profile monitors changes in hormone status over the course or part of the menstrual cycle, by measuring the sex hormones. Saliva specimens are collected on specified days of the month, according to the nature of the investigation, e.g. a full cycle profile for a pre-menopausal woman or the luteal phase only in premenopausal or perimenopausal women. For post menopausal women refer to the Baseline Hormone Profile.

The Female Hormone Profile provides valuable information on an individual's hormonal status and the potential impact this may have on physical and emotional health. Hormonal imbalance may result in a symptom picture which includes weight gain, mood swings, night sweats, disturbed sleep pattern, loss of libido and hot flushes.

Results obtained from the Female Hormone Profile make it possible for practitioners to individualise treatment in order to establish optimal hormone balance. Testing can also be used to monitor the effects of bioidentical/natural hormone replacement therapy.



Hormones Tested

Males:

- Testosterone (TT)
- Oestrone (E1)
- Oestradiol (E2)
- DHEA-S
- Cortisol

Females:

- Oestrone (E1)
- Oestradiol (E2)
- Oestriol (E3)
- Progesterone (P4)
- Testosterone (TT)
- DHEA-S

Hormones Tested

Females:

- Oestrone (E1)
- Oestradiol (E2)
- Oestriol (E3)
- Progesterone (P4)
- Testosterone (TT)
- DHEA-S

Female Hormone Profiles

Profile	Hormones Tested	Suggested Collection Day(s) & Times(s)	Clinical Indications & Applications
Female Hormone Profile - Full Cycle	E1 x 5 E2 x 5 P4 x 5 TT x 1 DHEA-S x 1	Days 7, 14, 21, 25, 30 One saliva specimen collected on each day E1, E2, P4 tested from each specimen TT, DHEA-S tested from Day 21 specimen only	Dysmenorrhoea, Infertility, Miscarriage, PCOS, Endometriosis, Hirsutism, PMS, Oestrogen Dominance, Weight Gain, Slow metabolism, Menorrhagia, Irregular Periods
Female Hormone Profile - Luteal Phase (Perimenopausal)	E1 x 3 E2 x 3 P4 x 3 TT x 1 DHEA-S x 1	One saliva specimen collected on each day E1, E2, P4 tested from each specimen TT, DHEA-S tested from Day 21 specimen only	Peri-Menopause, PMS, Uterine Fibroids, Fibrocystic Breasts, Dysmenorrhoea, Infertility, Miscarriage, PCOS, Endometriosis, Hirsutism, PMS, Oestrogen Dominance, Weight Gain, Slow metabolism, Menorrhagia, Irregular Periods
Baseline Hormone Profile	E1 x 1 E2 x 1 E3 x 1 P4 x 1 TT x 1 DHEA-S x 1	Any day in females with no menstrual cycle Day 21 in menstruating females	Amenorrhoea, Menopausal Symptoms (e.g. hot flushes, night sweats), Depression, Low libido, Dysmenorrhoea, Infertility, Miscarriage, PCOS, Endometriosis, Hirsutism, PMS, Oestrogen Dominance, Weight Gain, Slow metabolism, Menorrhagia, Irregular Periods

Test Kit

Once the practitioner has given the patient their request form the patient can order their test kit online, www.functionalpathology.com.au or by calling Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST. The test kit contains full instructions.

Specimen Requirements

- One specimen of clear saliva is required. The test kit provided contains everything required to complete this test.

Patient Preparation

- Patients must fast from 10pm the evening before the morning saliva specimen is taken (water may be consumed during this time)
- Patients using hormone creams/gels/patches must wait at least 12 hours after the last application before collecting their saliva specimen
- Patients using troches must wait three (3) days after their last dose before collecting their saliva specimen

Turnaround Time

The standard turnaround time for this test is 7 – 10 working days from the date the patient's specimen/s are received at our laboratory.

Test Results

Patient results will be delivered via mail, unless requested otherwise. However, we can also issue results via:

- Fax
- Electronic Download
- Web Based Results

Technical Support

All Healthscope Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and patient management for each result. Healthscope Functional Pathology also has experienced full time Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST or email infofp@healthscope.com.au

Companion Tests

- **Functional Liver Detoxification Profile (FLDP)**
- **Adrenal Hormone Profile**
- **Thyroid Hormone Profile**
- **2 & 16 Urinary Oestrogen Metabolites**

The results of the Baseline/Female Hormone Profiles may be further supported by additional Healthscope Functional Pathology tests. For example, impaired liver function can contribute to hormonal imbalance. Healthscope Functional Pathology offers the specialised Functional Liver Detoxification Profile (FLDP), the results of which may provide the practitioner with valuable information in understanding the role of the liver in hormonal imbalance.

Hormonal imbalance may also be the result of prolonged stress. Physical, mental and environmental stressors may contribute to hormone imbalance. The Adrenal Hormone Profile which measures Cortisol and DHEA-S over a 24 hour period may therefore be a useful adjunct to the Baseline/Female Hormone Profile.

As an underactive thyroid function is common in menopausal women, the Thyroid Hormone Profile may be useful to determine whether this is a contributing factor to hormone imbalance.

Healthscope Functional Pathology also offer a test for 2 & 16 Urinary Oestrogen Metabolites which may provide further useful information on oestrogen metabolism in men and women. This is particularly recommended for women who have a personal or familial history of reproductive cancers.