



Biomarkers
Estradiol
Estrone
Estriol
Progesterone
Testosterone
Cortisol
DHEA
Melatonin

● Related Profiles

- Hormonal Health
- Menopause
- Rhythm
- Essential Estrogens
- Bone Resorption Assessment

● Specimen Requirements

- 7 (3ml) saliva samples collected over a 6-day period

● Value-added Services



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Hormone Balance: From Health to Happiness



CLINICIAN INFORMATION



Clinical Insight Into Key Hormone Levels

Menopause Plus is a comprehensive, noninvasive **salivary** assay that examines eight specimens collected over six days, and that provides valuable clinical tool in the management of hormone related symptoms. In addition to assessing sex hormones, an analysis of the diurnal patterns of DHEA, cortisol, and melatonin gives a more complete picture of how overall endocrine function may be influencing menopausal symptoms.

The Menopause Plus profile evaluates:

- Estrogens (E1 estrone, E2 estradiol, E3 estriol)
- Progesterone and testosterone
- Adrenal hormones, cortisol and DHEA
- Melatonin

The Menopause Plus profile provides insight into the impact that shifting hormone levels may play in:

- Hot flashes
- Mood instability
- Anxiety
- Fatigue
- Glycemic control
- Low libido
- Cognition
- Sleep disturbances
- Vaginal atrophy
- Altered lipid metabolism

Why Use Menopause Plus?

Hormone testing is an effective tool for assessing and managing patients with hormone-related symptoms. This profile supports:

- Patient ease-of-use saliva specimen collection is a simple, non-invasive, at-home collection.
- a collection pattern that offers the advantage of measuring hormones on different days and at different times of the day, providing insight into irregular patterns of hormone secretion over time for female or male patients
- Establishing a baseline of hormones ahead of clinical intervention with hormone therapy as well as subsequent monitoring if needed
- Assessing adrenal hormones and melatonin in addition to sex hormones provides more insight into how these hormones work together and may be influencing menopausal symptoms
- Personalizing HT, targeted nutritional supplementation and/or diet/lifestyle recommendations to improve symptoms and quality of life

Turnaround times, sample reports, and additional information is available online at www.gdx.net



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MenoPlus SS rev0915



ANXIETY



LOSS OF LIBIDO



DEPRESSION

Menopause Plus is Especially Ideal for Patients with These Concerns



Salivary Hormone Results

Sample #	Estrone (E1) (pmol/L)	Estradiol (E2) (pmol/L)	Estriol (E3) (pmol/L)	Progesterone (pmol/L)
1	55.0	5.2	80	110
2	60.0	5.6	70	120
3	75.0	5.8	90	125
Average	63.3	5.5	80	118

Average Estradiol ♦ pmol/L **5.5**

	Reference Range
Follicular	2.8-8.8 pmol/L
Peak *	4.5-19.1 pmol/L
Luteal	2.8-8.2 pmol/L
Menopausal	3.7-9.4 pmol/L
Male	3.1-7.4 pmol/L

* Peak = Days 11 and 12

Testosterone ♦ pmol/L **85**

	Reference Range
Premenopausal	34-148 pmol/L
Menopausal	34-148 pmol/L
Male	110-513 pmol/L

Average Estrone pmol/L **63.3**

	Reference Range
Menopausal	31.9-183.4 pmol/L

Average Progesterone ♦ pmol/L **118**

	Reference Range
Follicular	17-321 pmol/L
Peak *	151-829 pmol/L
Luteal	33-452 pmol/L
Menopausal	45-370 pmol/L
Male	31-280 pmol/L

* Peak = Days 18 and 20

Average Estriol pmol/L **80**

	Reference Range
Menopausal	<= 133 pmol/L

P/E2 Ratio **21**

	Reference Range
Follicular	10-85
Luteal	8-80
Menopausal	12-62

● Identify Imbalances

Imbalances in estrogen, progesterone, and testosterone are common in patients with peri/menopausal symptoms, and are associated with a wide array of hormone-related issues. A clinician may order Menopause Plus to assess whether a hormonal imbalance is potentially causing or influencing a patient's symptoms. Reference ranges typically expected in menopausal women and in each phase of still-cycling women provide a detailed picture for patient comparison.

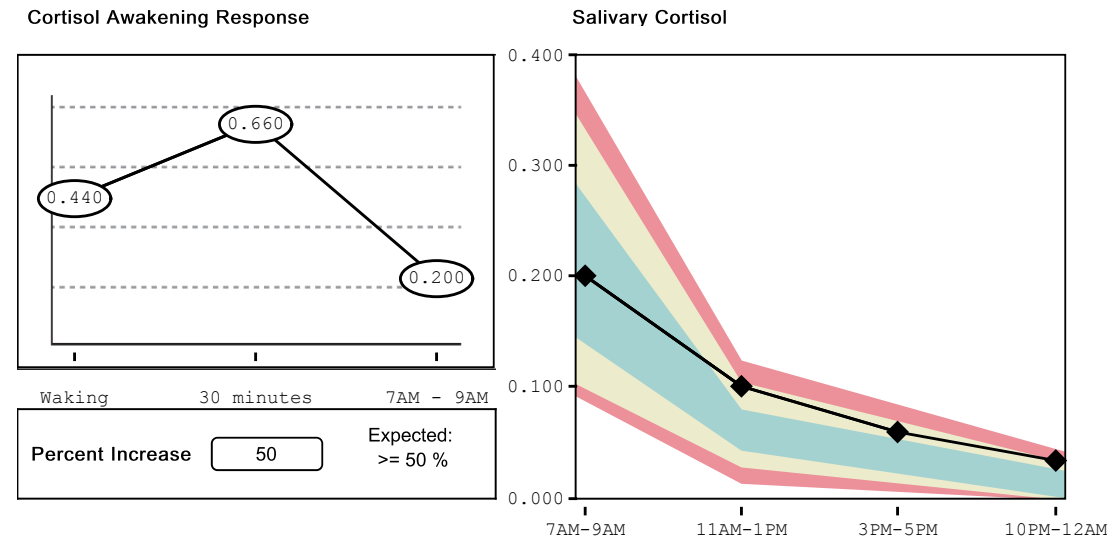
● Prescribing and Monitoring HT

Menopause Plus may be ordered to establish a baseline prior to administering HT and to monitor the effectiveness of therapies in improving hormonal balance.

● Tracking Hormonal Circadian Rhythm

Results for hormones that exhibit a circadian rhythm of release, such as cortisol and melatonin, are expressed in a color-coded format, providing an at-a-glance view of patient rhythms plotted against the expected reference rhythms.

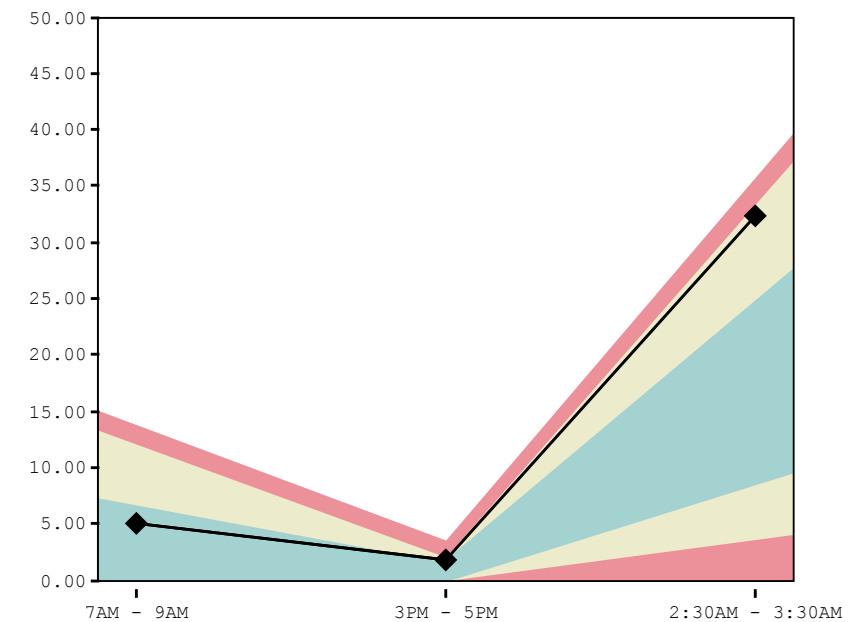
Salivary Cortisol, Cortisol Awakening Response, and DHEA



Results

	Waking	30 Minutes	7AM-9AM*	11AM-1PM*	3PM-5PM*	10PM-12AM*
Patient Result (mcg/dL) >>	0.440	0.660	0.200	0.100	0.060	0.034
Reference Range (mcg/dL)	N/A	N/A	0.097-0.337	0.027-0.106	0.013-0.068	<=0.034
*Based on Collection Times						
Actual Collection Time	6:04AM	6:34AM	7:00AM	11:00AM	3:00PM	10:00PM

Salivary Melatonin



Results

	7AM-9AM*	3PM-5PM*	2:30AM - 3:30AM*
Patient Results (pg/mL) >>	5.00	1.80	32.30
Reference Range (pg/mL)	<=12.12	<=1.97	3.71-33.38
*Based on Collection Times			