



Peri – and Postmenopause Panels



The **Diagnos-Techs™ Perimenopause and Postmenopause Panels (PeriM/ePeriM and PostM/ePostM)** use accurate, non-invasive salivary testing to evaluate levels of various hormones that play a role in female reproductive function. These tests provide insight into hormonal factors that may contribute to common menopausal symptoms and are important for monitoring hormone levels in patients undergoing hormone treatment strategies. The Postmenopause Panel involves a single saliva collection and is ideal for women who have already transitioned into menopause. The Perimenopause Panel involves two saliva samples collected approximately two weeks apart and is the preferred test for women experiencing early signs of menopause such as infrequent or unpredictable menses.

With the PeriM and PostM, saliva samples are used to assess:

- Three Forms of Estrogen:
 - **Estrone (E1)** – Estrone is the predominant estrogen in postmenopausal women. A significant portion of estrone production takes place in fat cells, and elevated levels are associated with an increased risk for certain types of cancer.
 - **Estradiol (E2)** – Produced in the ovaries, fat cells, and adrenal glands, this form of estrogen has the strongest activity. Estradiol levels decrease after menopause, which may contribute to bone loss, hot flashes, and other symptoms.
 - **Estriol (E3)** – The weakest acting form of the three estrogens. Measuring levels of estriol is important for evaluating overall estrogen status.
- **Progesterone** – Produced in the ovaries, levels of this hormone decline around menopause. Progesterone is important for maintaining a healthy endometrium in a normal menstrual cycle. The ratio of progesterone to estrogen is an important factor in evaluating the risk of certain types of cancer in peri- and postmenopausal women.
- **DHEA** – A hormone produced in the adrenal glands, which is a precursor to estrogen and testosterone. Too much or too little DHEA can lead to abnormal levels of these hormones.
- **Testosterone** – Usually considered a “male hormone”, testosterone plays an important role in maintaining muscle mass, bone density, metabolism, energy and libido in women as well. Elevated levels are associated with symptoms such as hair loss, acne, and facial hair growth.

The expanded versions of these panels (**ePeriM** and **ePostM**) include all of the previously mentioned tests with the addition of:

- **Follicle stimulating hormone (FSH)** - A hormone released from the pituitary gland in the brain that regulates estradiol production by the ovaries. An increase in FSH level is one of the earliest signs of menopause.
- **Luteinizing hormone (LH)** - Another pituitary hormone, which regulates progesterone production and plays an important role in ovulation.

The **Perimenopause (PeriM/ePeriM)** and **Postmenopause (PostM/ePostM)** Panels may be helpful for evaluating:

- Hot flashes
- Insomnia
- Depression or anxiety
- Night sweats
- Fatigue
- Changes in menstrual cycle
- Vaginal dryness
- Urinary incontinence
- Low libido
- Memory loss or difficulty concentrating
- Bone loss or osteoporosis
- Loss of muscle mass
- Increased fat accumulation
- Risk of cardiovascular disease or heart attack

Why saliva instead of blood?

For hormones to be active, they have to exist in their free state. In blood, most hormones are bound to proteins or red blood cells and are therefore inactive. It can be difficult to determine how much of a hormone measured in serum or blood is free and actually available to your cells. In saliva, however, hormones exist in their free state and are therefore bioavailable.

Convenient, Simple, Thorough

- Collection is non-invasive and painless
- Saliva sample(s) can be conveniently collected from your home, office or other location
- Six to eight hormones are evaluated

Why is it important to measure female hormones?

Symptoms of menopause can appear years before menstruation stops. Common complaints include depression, anxiety, insomnia, menstrual irregularities, fatigue and decreased sexual function. Optimal health is dependent on a balance of hormones, not just a single hormone. Measurements of hormones can be used in two general ways:

- To estimate the body's own hormone production as a baseline test
- To monitor levels of hormones during treatment

What to Expect

Your healthcare provider will give you a test kit containing the supplies you need to collect your samples. Depending on which panel your healthcare provider decides is best, you will collect either one saliva sample only or two saliva samples collected about two weeks apart. Complete instructions regarding sample collection (along with foods, supplements, and activities to avoid during the test period) are included with your kit. You will need to freeze your sample(s) until you are ready to ship them. Then you will package your sample(s) in the box provided, affix the pre-paid mailing label included with your kit (domestic only), and ship the completed kit from your nearest UPS location.

Your healthcare provider will receive your results in approximately 1-2 weeks. This information can then be used to create a customized treatment plan and to determine the next steps in working toward your health goals.



Monitoring hormone therapy is necessary in order to reduce the chance of undesirable and potentially serious side effects and to optimize treatment.

Your healthcare provider can use the information gathered from the PeriM or PostM Panel to gain a better understanding of your current hormone levels and to create a treatment plan that is right for you.

Ask your physician about additional test panels available from Diagnos-Techs:



Adrenal Stress Index Panel



Bone Health Panel



Cycling Female Hormone Panels



Peri and Post Menopause Hormone Panels



Male Hormone Panel



Food Allergy (Sensitivity) Panel



Gastrointestinal Health Panels

For additional patient information, please visit our website