**Salivary Hormone Testing**

Simple, non-invasive, reliable and accurate method to assess bioavailable hormone levels.

Saliva testing is an easy and noninvasive way of assessing your patients hormone balancing needs, and is proving to be the most reliable medium for measuring hormone levels. Unlike serum tests, saliva testing represents only hormones actively delivered to receptors in the body. Clinically, it is far more relevant to test these bioavailable hormones and provide an accurate reflection of the body’s active hormone levels.
Comprehensive Plus Panel
-$180
Estrone(E1), Estradiol(E2), Estriol(E3), Progesterone(Pg), Testosterone(T), DHEA(D), 4 Cortisol Levels(Cx4)

The Comprehensive Plus Panel expands on the Comprehensive Hormone Panel and includes estrone (E1) and estradiol (E2) plus the Estradiol Quotient (EQ). The EQ is a simple ratio of the cancer protective E3 to the proliferative estrogens E1 and E2. The EQ provides an assessment of breast cancer risk, with a lower number (<1.0) indicating increased risk, and a higher number (>1.0) signifying a lower risk. For maximum protection, an optimal EQ is >1.5. Because the research on the Estradiol Quotient and the protective properties of estriol has not been done with men, this panel is currently recommended for women only. This panel should be considered for patients who have:

- Increased risk of developing breast cancer
- History of breast cancer or other hormonally sensitive cancers
- Personal or family history of autoimmune disease
- PCOS

Comprehensive Hormone Panel
-$150
Estradiol(E2), Progesterone(Pg), Testosterone(T), DHEA(D), 4 Cortisol Levels(Cx4)

The Comprehensive Hormone Panel is the starting point for initial assessment of hormonal status and endocrine function and includes estradiol (E2), progesterone, testosterone, DHEA and 4 cortisols. This panel is useful with male and female patients because it looks at the full diurnal cortisol pattern; it is especially important in patients who are experiencing the following symptoms in addition to the symptoms listed for the Basic Hormone Panel:

- Weight gain
- Multiple chemical sensitivity
- High blood sugar
- Elevated lipids (cholesterol and/or triglycerides)
- Insomnia
- Chronic fatigue
- Fibromyalgia

Adrenal Function Panel
-$100
DHEA(D), 4 Cortisol Levels(Cx4)

This panel provides a comprehensive view of adrenal function and includes 4 cortisol levels timed throughout the day as well as DHEA. Symptoms that would indicate ordering this panel include:

- Fatigue
- Nervousness
- Weakness
- Sugar cravings
- Insomnia
- Dizzy spells
- Headaches
- Decreased stamina
- Irritability
- Fibromyalgia
- Anxiety/Depression

Salivary Hormone Panels

Basic Hormone Panel
-$100
Estradiol(E2), Progesterone(Pg), Testosterone(T), DHEA(D), Cortisol(C)

The Basic Hormone Panel provides a basic evaluation of the sex hormones and a brief glimpse at adrenal function with the AM cortisol level. This panel is useful when retesting patients who have begun hormone therapy, but we encourage use of the Comprehensive Panel for initial evaluation. This is the minimal test recommended for symptoms that include:

Men Experiencing:
- Decreased libido
- Erectile dysfunction
- Loss of stamina
- Decrease in mental sharpness
- Reduced muscle size
- Tearful episodes or increased moodiness
- Metabolic syndrome
- Prostate enlargement or cancer
- Hot flashes
- Irritability

Women Experiencing:
- Hot flashes
- Anxiety/Depression
- Night sweats
- Breast tenderness
- Irritability
- Forgetfulness
- Irregular menstrual cycles
- Vaginal dryness
- Urinary incontinence
- Uterine fibroids
- Increased facial / body hair
- Acne

Short Comprehensive Panel
-$120
Estradiol(E2), Progesterone(Pg), Testosterone(T), DHEA(D), 2 Cortisol Levels(Cx2)

This assessment is useful in men and women whose primary symptoms are related to sex hormone imbalances (elevated or depressed E2, P or T). The abbreviated adrenal panel that includes DHEA and the AM and PM cortisol levels provides a brief assessment of the level of involvement of adrenal dysfunction. Additionally, this condensed panel (like the Basic Hormone Panel) is often used for re-evaluation 2-3 months after hormone replacement has begun to monitor therapeutic values. The Short Comprehensive Panel should be ordered if the patient is suffering from:

- Fatigue
- Sleep disturbances
- Family history of breast cancer
- Brain fog

Salivary Hormones & Neurotransmitters