

2018 08 01 111 SB

Ordering Provider:
Jane Getuwell, MD

Samples Received

08/06/2018

Report Date

08/08/2018

Samples Collected

Saliva - 08/01/18 06:30

Saliva - 08/01/18 12:00

Saliva - 08/01/18 18:00

Saliva - 08/01/18 21:45

Patient Name

Patient Phone Number:

Gender Female	Last Menses 04/01/2017	Height 5 ft 6 in	Waist Unspecified
DOB 10/2/1966 (51 yrs)	Menses Status Postmenopausal	Weight 151 lb	BMI 24.4

TEST NAME	RESULTS 08/01/18	RANGE
Salivary Steroids		
Estradiol	0.8	0.5-1.7 pg/mL Postmenopausal (optimal 1.3-1.7)
Progesterone	37	12-100 pg/mL Postmenopausal
Cortisol	12.2 H	3.7-9.5 ng/mL (morning)
Cortisol	1.4	1.2-3.0 ng/mL (noon)
Cortisol	1.0	0.6-1.9 ng/mL (evening)
Cortisol	0.7	0.4-1.0 ng/mL (night)

<dL = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low. * For research purposes only.

Therapies

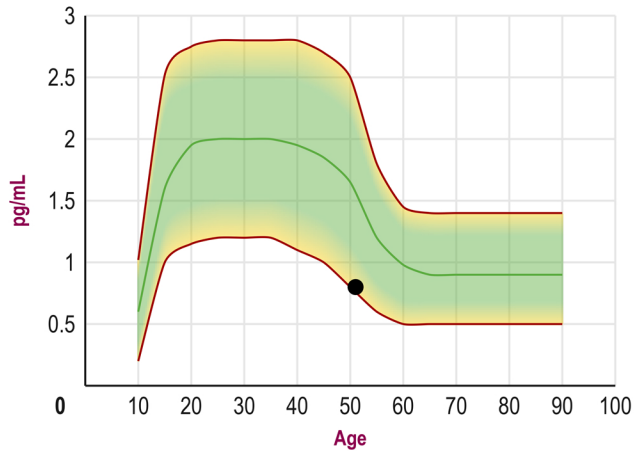
None

Graphs

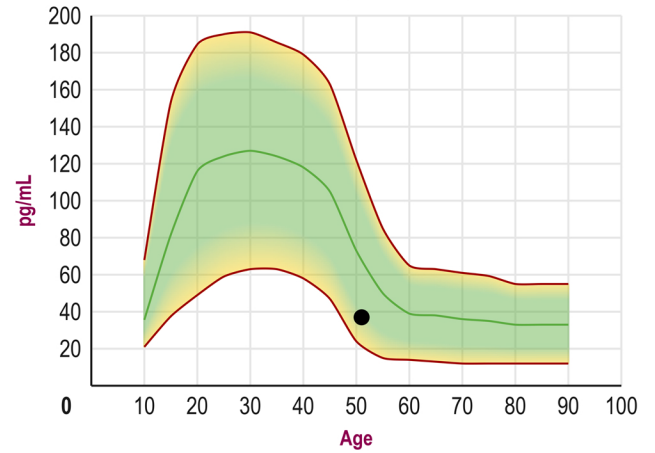
Disclaimer: Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

— Average ▼▲ Off Graph

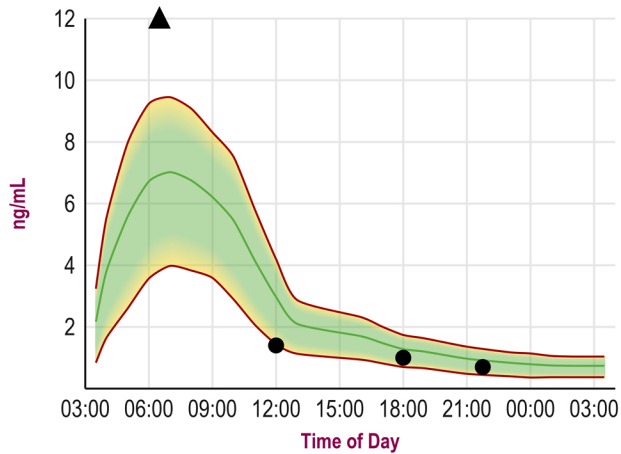
Saliva Estradiol



Saliva Progesterone



Saliva Cortisol



Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

SYMPTOM CATEGORIES	RESULTS 08/01/18
Estrogen / Progesterone Deficiency	27%
Estrogen Dominance / Progesterone Deficiency	6%
Low Androgens (DHEA/Testosterone)	22%
High Androgens (DHEA/Testosterone)	10%
Low Cortisol	8%
High Cortisol	29%
Hypometabolism	27%
Metabolic Syndrome	27%

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Aches and Pains			
Acne			
Allergies			
Anxious			
Bleeding Changes			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Breast Cancer			
Breasts - Fibrocystic			
Breasts - Tender			
Chemical Sensitivity			
Cholesterol High			
Constipation			
Depressed			
Fatigue - Evening			
Fatigue - Morning			
Fibromyalgia			
Foggy Thinking			
Goiter			
Hair - Dry or Brittle			
Hair - Increased Facial or Body			
Hair - Scalp Loss			
Headaches			
Hearing Loss			
Heart Palpitations			
Hoarseness			
Hot Flashes			
Incontinence			
Infertility			
Irritable			
Libido Decreased			
Memory Lapse			
Mood Swings			
Muscle Size Decreased			
Nails Breaking or Brittle			
Nervous			
Night Sweats			
Numbness - Feet or Hands			

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Pulse Rate Slow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rapid Aging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rapid Heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Thinning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Disturbed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stamina Decreased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweating Decreased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swelling or Puffy Eyes/Face	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triglycerides Elevated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urinary Urge Increased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uterine Fibroids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaginal Dryness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water Retention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain - Hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain - Waist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Lab Comments

Estradiol is low-normal for a postmenopausal woman. Low-normal estradiol is consistent with symptoms of estrogen deficiency (e.g. hot flashes, night sweats, vaginal dryness, memory lapses, sleep disturbances). Consider low dose bioidentical estrogen replacement therapy (assuming no history of/risk for estrogen-sensitive cancers such as the breast or uterus) in combination with natural progesterone.

Progesterone is within range. Reported symptoms suggest estrogen deficiency (i.e. hot flashes, night sweats). It would be worthwhile to consider progesterone supplementation, as it often helps balance symptoms of both estrogen dominance and estrogen deficiency.

Morning cortisol is high, but levels drop to normal the remainder of the day. The high morning cortisol seen in these test results may indicate a situational stressor (emotional, physical) or low blood sugar level (hypoglycemia), which often occurs in the morning after overnight fasting. Acute situational stressors (e.g., anxiety over unresolved situations, travel, work-related problems, wedding, holiday season, etc.) can raise cortisol levels, which is a normal response to the stressor. Symptoms commonly associated with high cortisol include sugar craving, fatigue, sleep disturbances, anxiety, and depression. If cortisol remains elevated throughout the day (usually associated with a high night cortisol) and over a prolonged period of time (months/years) excessive breakdown of normal tissues (muscle wasting, thinning of skin, bone loss) and immune suppression can eventually result. For additional information about strategies for supporting adrenal health and reducing stress(ors), the following books are worth reading: "Adrenal Fatigue", by James L. Wilson, N.D., D.C., Ph.D.; "The Cortisol Connection", by Shawn Talbott, Ph.D.; "The End of Stress As We Know It" by Bruce McEwen; "Awakening Athena" by Kenna Stephenson, MD.