

# 2018 07 27 200 SB

Ordering Provider:  
Sara Getuwell MD

Samples Received  
07/27/2018  
  
Report Date  
08/01/2018

Samples Collected  
Saliva - 07/24/18 08:05  
Saliva - 07/24/18 12:10  
Saliva - 07/24/18 18:50  
Saliva - 07/24/18 23:15  
Blood Spot - 07/24/18 08:00

Patient Name:  
Patient Phone Number: 555 555

Gender	Last Menses	Height	Waist
Female	Unspecified	5 ft 5 in	32 in
DOB	Menses Status	Weight	BMI
3/22/1961 (57 yrs)	Hysterectomy (ovaries removed)	170 lb	28.3

TEST NAME	RESULTS   07/24/18	04/09/18	RANGE
Salivary Steroids			
Estradiol	<div><div>2.2</div></div>	4.7	0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3)

<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.

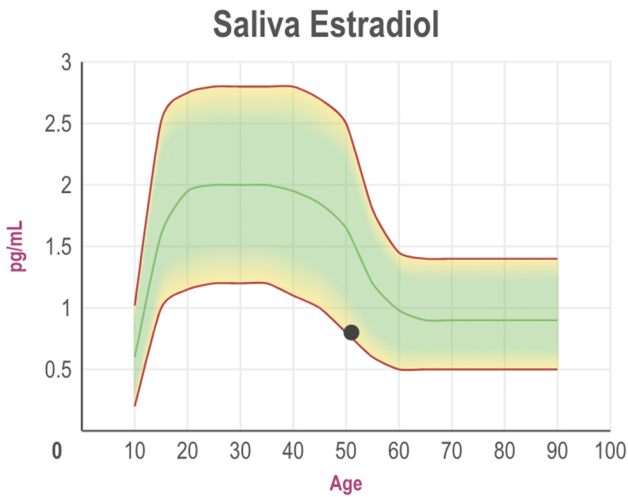
Therapies

07/24/2018: 0.5mg topical Biestrogen (1:1 50/50 E3 + E2) (compounded) (23 Hours Last Used)100mg oral Progesterone (compounded) (1 Days Last Used)  
0.5mg topical Testosterone (compounded) (22 Hours Last Used)10mg topical DHEA (compounded) (22 Days Last Used)65mg oral Armour (glandular thyroid)  
(Pharmaceutical) (1 Days Last Used)5000IU oral Vitamin D (unknown type) (OTC) (1 Days Last Used)  
  
04/09/2018: 1mg oral Estradiol (compounded) (23 Hours Last Used)

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



**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](http://www.zrtlab.com/patient-symptoms).

SYMPTOM CATEGORIES		RESULTS   07/24/18	04/09/18
Estrogen / Progesterone Deficiency	22%	<div><div></div></div>	40% <div><div></div></div>
Estrogen Dominance / Progesterone Deficiency	20%	<div><div></div></div>	34% <div><div></div></div>
Low Androgens (DHEA/Testosterone)	37%	<div><div></div></div>	58% <div><div></div></div>
High Androgens (DHEA/Testosterone)	11%	<div><div></div></div>	12% <div><div></div></div>
Low Cortisol	23%	<div><div></div></div>	33% <div><div></div></div>
High Cortisol	29%	<div><div></div></div>	56% <div><div></div></div>
Hypometabolism	21%	<div><div></div></div>	32% <div><div></div></div>
Metabolic Syndrome	38%	<div><div></div></div>	49% <div><div></div></div>

SYMPTOM CHECKLIST	1	2	3	
Aches and Pains	<div><div></div></div>			<div><div></div></div>
Acne	<div><div></div></div>			<div><div></div></div>
Allergies	<div><div></div></div>			<div><div></div></div>
Anxious	<div><div></div></div>			<div><div></div></div>
Bleeding Changes	<div><div></div></div>			<div><div></div></div>
Blood Pressure High	<div><div></div></div>			<div><div></div></div>
Blood Pressure Low	<div><div></div></div>			<div><div></div></div>
Blood Sugar Low	<div><div></div></div>			<div><div></div></div>
Body Temperature Cold	<div><div></div></div>			<div><div></div></div>
Bone Loss	<div><div></div></div>			<div><div></div></div>
Breast Cancer	<div><div></div></div>			<div><div></div></div>
Breasts - Fibrocystic	<div><div></div></div>			<div><div></div></div>
Breasts - Tender	<div><div></div></div>			<div><div></div></div>
Chemical Sensitivity	<div><div></div></div>			<div><div></div></div>
Cholesterol High	<div><div></div></div>			<div><div></div></div>
Constipation	<div><div></div></div>			<div><div></div></div>
Depressed	<div><div></div></div>			<div><div></div></div>
Fatigue - Evening	<div><div></div></div>			<div><div></div></div>
Fatigue - Morning	<div><div></div></div>			<div><div></div></div>
Fibromyalgia	<div><div></div></div>			<div><div></div></div>
Foggy Thinking	<div><div></div></div>			<div><div></div></div>
Goiter	<div><div></div></div>			<div><div></div></div>
Hair - Dry or Brittle	<div><div></div></div>			<div><div></div></div>
Hair - Increased Facial or Body	<div><div></div></div>			<div><div></div></div>
Hair - Scalp Loss	<div><div></div></div>			<div><div></div></div>
Headaches	<div><div></div></div>			<div><div></div></div>
Hearing Loss	<div><div></div></div>			<div><div></div></div>
Heart Palpitations	<div><div></div></div>			<div><div></div></div>
Hoarseness	<div><div></div></div>			<div><div></div></div>
Hot Flashes	<div><div></div></div>			<div><div></div></div>
Incontinence	<div><div></div></div>			<div><div></div></div>
Infertility	<div><div></div></div>			<div><div></div></div>
Irritable	<div><div></div></div>			<div><div></div></div>
Libido Decreased	<div><div></div></div>			<div><div></div></div>
Memory Lapse	<div><div></div></div>			<div><div></div></div>
Mood Swings	<div><div></div></div>			<div><div></div></div>
Muscle Size Decreased	<div><div></div></div>			<div><div></div></div>
Nails Breaking or Brittle	<div><div></div></div>			<div><div></div></div>
Nervous	<div><div></div></div>			<div><div></div></div>
Night Sweats	<div><div></div></div>			<div><div></div></div>
Numbness - Feet or Hands	<div><div></div></div>			<div><div></div></div>

SYMPTOM CHECKLIST		1	2	3	
Pulse Rate Slow					
Rapid Aging					
Rapid Heartbeat					
Skin Thinning					
Sleep Disturbed					
Stamina Decreased					
Stress					
Sugar Cravings					
Sweating Decreased					
Swelling or Puffy Eyes/Face					
Tearful					
Triglycerides Elevated					
Urinary Urge Increased					
Uterine Fibroids					
Vaginal Dryness					
Water Retention					
Weight Gain - Hips					
Weight Gain - Waist					

Lab Comments

Estradiol is within physiological range with topical estrogen replacement therapy. Maintaining healthy physiological estradiol levels promotes a healthy distribution of fat in hips, thighs, breasts, and subcutaneous tissues. Estrogen also supports good cholesterol ratios and enhances serotonin production, which helps regulate hunger and suppresses vasomotor symptoms (hot flashes and night sweats). For women who need to lose weight, estrogen levels may drop as weight drops, so low estrogen symptoms may appear as you achieve your weight loss goals.