

## Hormone imbalances can contribute to the following diseases:

- Osteoporosis
- Breast cancer
- Endometrial cancer
- Heart disease
- Endometriosis
- Polycystic ovary disease

## Conditions related to imbalanced hormones:

- Weight gain
- Anxiety
- Fatigue
- Muscle mass loss
- Muscle weakness
- Low libido and sexual performance issues
- Hair loss
- Sleep disturbances
- Brain fog
- Mood instability
- Hot flashes
- Vaginal dryness
- Infertility

## FAQs

### • Is advanced testing right for me?

Please talk to your doctor about our testing for guidance on the best approach.

### • Will this test be covered by my insurance company?

Genova Diagnostics participates with many insurance carriers. However a fee may be required. For more information, please visit our website at [www.gdx.net/billing](http://www.gdx.net/billing)

### • I want to be tested. How do I start?

Just ask your doctor and he/she can provide you with a testing kit, if appropriate.

### • Where can I learn more?

For the answers to additional questions and more, please talk to your doctor or visit us at [www.gdx.net](http://www.gdx.net)

You can experience  
**VIBRANT HEALTH**  
at every stage  
of your life.



## Women's Hormone Testing

## Is hormone testing right for you?

- Has your interest in sex diminished?
- Have you tried to conceive for a year without success?
- Do you experience hot flashes, vaginal dryness, urinary incontinence, depression, mood swings, or changes in sleep patterns or appetite?
- Do you experience irritability, bloating, headaches, breast swelling or mood swings in the week prior to menstruation?
- Do you experience painful periods, irregular menstrual cycles, spotting, or heavy bleeding?
- Do you have excess facial hair?
- Is intercourse painful due to vaginal dryness?
- Do you have a family history of breast or ovarian cancer?
- Are you at risk of heart disease due to smoking, over weight or family history?

*If you answer "yes" to any of these questions, talk to your doctor about the benefits of hormone testing.*

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## The Delicate Balancing Act

Throughout your life, hormones play a crucial role in maintaining your health. Proper balance of estrogen, progesterone and testosterone are essential for optimal muscle and skin tone, bone health, libido, fertility, weight management, energy levels, and a healthy menstrual cycle.

Imbalanced hormones also affect sleep, metabolic rate and immune system function, and may contribute to the development of osteoporosis, breast and endometrial cancer, and heart disease.

## Hormone Balance: From Health to Happiness

### *Female Hormones*

Hormones are tremendously complex. During the premenopausal years, imbalanced hormones can pose challenges with mood stabilization, conception and regulation of your menstrual cycle.

Many women entering their 40s or 50s experience a range of symptoms from hormonal imbalance, including loss of sex drive, “brain fog”, weight gain, hot flashes, irregular menstrual cycles, vaginal dryness, urinary incontinence, depression and/or changes in sleep patterns.

From the onset of your period through menopause and beyond, proper hormone balance affects many of the issues most important to you: sex, fertility, relationships, and even your outlook on life. Establishing baseline measures is essential to determining the need for hormone therapy (HT) or other means of balancing hormones. With proper insights, you and your doctor can create a customized pharmaceutical or natural HT program.



*Specialized lab tests from Genova Diagnostics  
provide personalized solutions.*

### *Thyroid Function*

The thyroid gland secretes hormones that regulate your metabolism. Disruptions can slow down or speed up your body’s metabolism, resulting in fatigue, hair loss, dry skin, weight gain or loss, changes in menses, high blood pressure, and/or heart problems.

### *Adrenal Function*

The adrenal glands produce several hormones, including DHEA and cortisol. When out of sync due to stress and other influences, these hormonal imbalances can cause weakness, fatigue, muscle and joint pain, obesity and reduced sense of well-being. A prolonged imbalance can impact the immune system, trigger premature aging and set the stage for chronic illness.

### *Melatonin Production*

Melatonin possesses powerful anti-aging and anti-cancer properties, and enhances sleep. Low levels may be associated with insomnia, menstrual irregularities and/or infertility. Excessive levels may be associated with depression.

### *Osteoporosis*

Osteoporosis is a disease that results from bone loss, gradually leading to bone weakening. Reduced height, stooped posture, fractures, and deformities may result. Genova Diagnostics’ Bone Resorption Assessment detects early active bone loss before it becomes a problem, allowing you to take preventive action.

## Make Informed Decisions

Patients are often surprised at how easy it is to remedy these problems and how great they feel once they have embarked on a plan with their health care provider. Ask your doctor if one of the Essence hormone tests is right for you:

- Complete Hormones
- Menopause Plus
- Adrenocortex Stress Profile
- Comprehensive Thyroid Assessment
- Hormonal Health
- Comprehensive Melatonin Profile
- Bone Resorption Assessment



The most complete line of endocrine testing

Visit [www.gdx.net](http://www.gdx.net) to learn more.