**Balance is the key.** Research has long shown that fluctuating levels of estradiol, progesterone and testosterone play a major role in a woman’s overall health, affecting:

- Menstrual Cycle
- Mood Swings
- Sleep Patterns
- Appetite Level
- Sex Drive

**Chronic imbalances** of these hormones are implicated in disorders such as:

- PMS
- Anovulation
- Infertility
- Amenorrhea
- Breast Cancer
- Endometriosis
- Polycystic Ovary Disease
- Osteoporosis

**Interpretation:**

Saliva testing provides a thorough analysis of estradiol and progesterone over a full 28 day cycle. Testosterone is measured once from the 28th day specimen. By utilizing 11 saliva samples for analysis, the relationship and balance of these essential hormones are analyzed more precisely through time. The levels of estradiol and progesterone, as well as the ratio between the two, are clearly graphed for easy reference and patient education.

Unlike serum measurements that typically reflect both bound and unbound fractions of hormones, salivary samples represent only the free (unbound) bioavailable fraction of hormone. Factors that effect binding globulin such as obesity and thyroid function do not influence test results with false high or low test levels.

**Indications:**

Rhythm is indicated for both premenopausal and perimenopausal women not currently supplementing with hormones. An analysis of estrogen, progesterone and testosterone can reveal ovulatory function and trends in hormone production. Imbalances such as unopposed estrogen, high follicular progesterone, anovulation and luteal phase defects are easily identified. This test is especially useful in treatment of patients with chronic gynecologic disorders.

The comprehensive version, Rhythm Plus, includes a circadian analysis of cortisol, melatonin, and an assay of DHEA.
This Test reveals important information about:

- Bioavailable estradiol, progesterone, and testosterone, imbalances of which are linked to reproductive disorders and menstrual cycle irregularities, as well as osteoporosis, cardiovascular disease, and cancers of the breast and endometrium

- Hormone balance through the complete menstrual cycle with evaluation of eleven easily gathered saliva samples over 28 days

- Levels of cortisol, DHEA, and melatonin (in the Essence: Rhythm Plus) for information relevant to the interrelationship of these hormones with female hormones

For test kits, clinical support, or more information contact:

Client Services
Genova Diagnostics
63 Zillicoa St.
Asheville, NC 28801-1074
800-522-4762 • Fax: 828-252-9303

More detailed publications with references are also available: www.GDX.net