

A Salivary Profile for Assessing Key Hormones



CLINICIAN INFORMATION

The **One Day Hormone Check** (ODHC) is a convenient salivary hormone test that evaluates unbound, bioavailable hormone levels. Five specimens are examined for estradiol, estrone, estriol, progesterone, the progesterone/estradiol ratio (P/E2), testosterone, cortisol, DHEA, and melatonin levels.

The **ODHC** profile provides insight into the impact of shifting hormone levels in aging men (andropause) and women (perimenopause and menopause). It can reveal imbalances of primary sex hormones and how they relate to other hormones, such as DHEA, cortisol, and melatonin.

Patients with hormonal imbalance may present with:

- Fatigue
- Weight loss or gain
- Menstrual irregularities
- Loss of libido
- Insomnia
- Changes in hair and skin
- Hot flashes

Using hormone testing, clinicians can customize hormone and/or nutritional therapies and monitor therapy.

To enhance clinical utility, a therapeutic cohort results cover page is provided for the clinician to quickly see where patient results fall in comparison to a cohort of peri/menopausal women treated with bioidentical hormone therapy.

HPA Axis Assessment

As part of the ODHC, clinicians are able to assess the hypothalamic-pituitary-adrenal (HPA) axis. The HPA axis plays a significant role in overall hormonal balance.

- **Adrenocortex Stress Profile** (ASP) requires four salivary samples measured throughout the day to give insight into cortisol's natural circadian diurnal rhythm.
- **Cortisol Awakening Response** (CAR) can be added to the ASP by providing two additional awakening salivary samples to provide the most comprehensive look at cortisol and the HPA axis.

CAR is a transient, immediate rise in cortisol upon awakening and is distinct from the diurnal rhythm. CAR reflects a person's ability to cope with anticipated challenges and their perception of control around chronic stress, providing insight into HPA axis resiliency.

Each of these HPA assessments also include DHEA and a DHEA:Cortisol ratio to provide insight into anabolic/catabolic balance.



FATIGUE



INSOMNIA



**MENSTRUAL
IRREGULARITIES**

Salivary Hormone Results

Estradiol ♦ pmol/L

2.9

Reference Range	
Follicular	2.8-8.8 pmol/L
Peak *	4.5-19.1 pmol/L
Luteal	2.8-8.2 pmol/L
Menopausal	3.7-9.4 pmol/L
Male	3.1-7.4 pmol/L
* Peak = Days 11 and 12	

Testosterone ♦ pmol/L

<30

Reference Range	
Premenopausal	34-148 pmol/L
Menopausal	34-148 pmol/L
Male	110-513 pmol/L

Estrone pmol/L

5.4

Reference Range	
Menopausal	4.7-18.9 pmol/L

Progesterone ♦ pmol/L

637

Reference Range	
Follicular	120-593 pmol/L
Peak *	328-1385 pmol/L
Luteal	145-797 pmol/L
Menopausal	163-669 pmol/L
Male	141-529 pmol/L
* Peak = Days 18 and 20	

Estriol pmol/L

<70

Reference Range	
Menopausal	<= 133 pmol/L

P/E2 Ratio

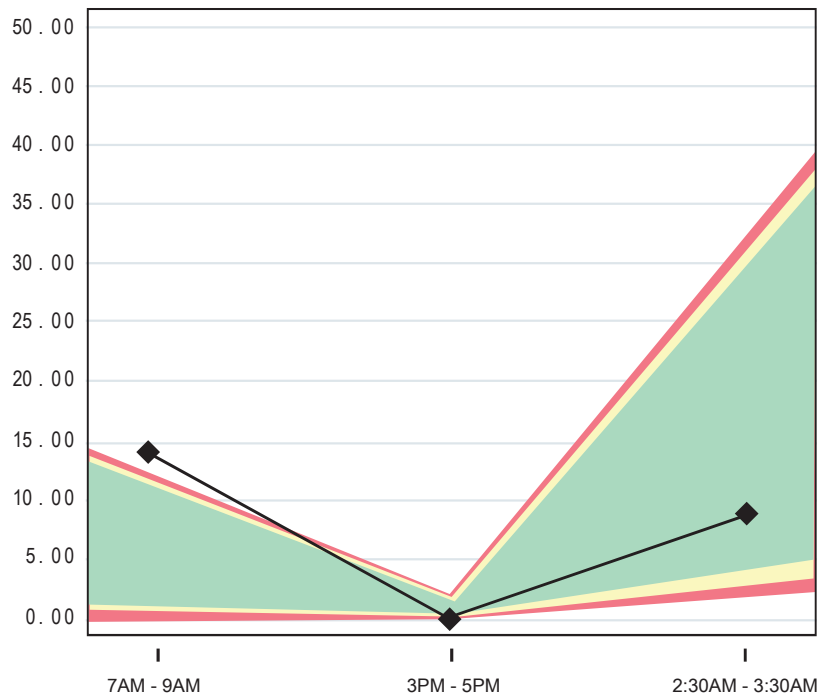
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Reference Range	
Follicular	23-159
Luteal	25-141
Menopausal	33-116

The **One Day Hormone Check** salivary assessment offers several advantages for patients presenting with hormone-related symptoms:

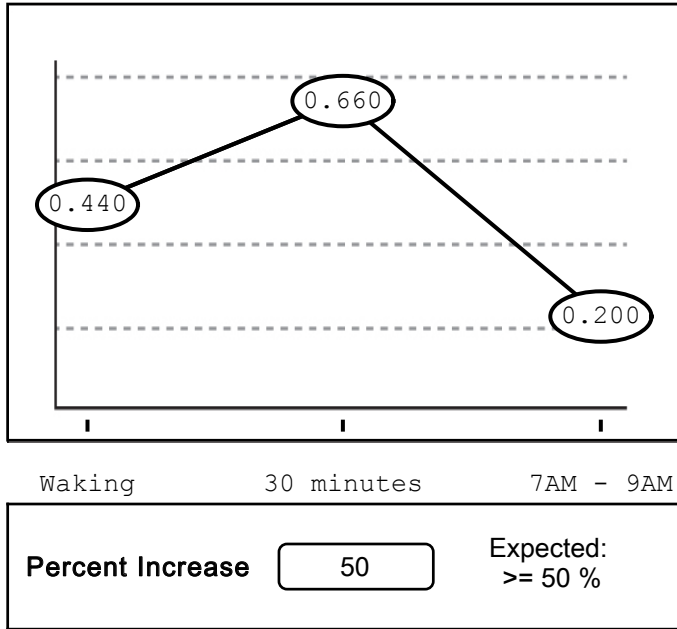
- **Comprehensive testing:** Five to seven saliva samples providing the level of estrone (E1), estradiol (E2), estriol (E3), progesterone, the progesterone/estradiol ratio (P/E2), testosterone, cortisol, DHEA, and melatonin.
- **Reporting:** Reference and therapeutic ranges enabling the physician to choose the optimal reference cohort for their patient.
- **Patient ease-of-use:** Saliva collection is a simple, non-invasive, at-home collection. Ideal when multiple samples are required to be collected over a period of time.

Salivary Melatonin

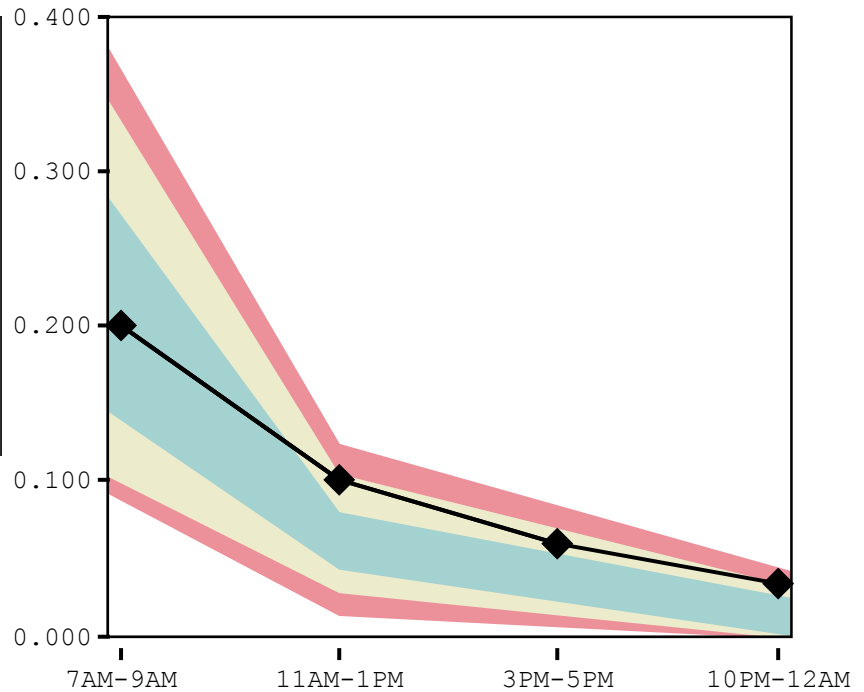


Salivary Cortisol, Cortisol Awakening Response, and DHEA

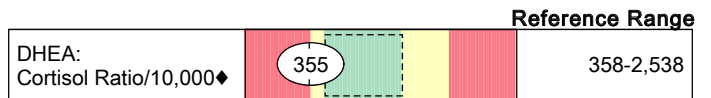
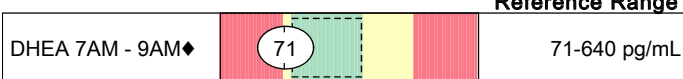
Cortisol Awakening Response



Salivary Cortisol



DHEA



Results

	Waking	30 minutes	7AM - 9AM*	11AM - 1PM*	3PM - 5PM*	10PM - 12AM*
Patient Result (mcg/dL) >>	0.440	0.660	0.200	0.100	0.060	0.034
Reference Range (mcg/dL) *Based on Collection Times	N/A	N/A	0.097-0.337	0.027-0.106	0.013-0.068	<=0.034
Actual Collection Time	5:05AM	5:40AM	7:00AM	11:00AM	3:00PM	10:00PM

Cortisol Testing

Two options:

- **Adrenocortex Stress Profile (ASP):** Four point cortisol diurnal rhythm
- **ASP with add-on CAR:** Six samples offering the most comprehensive HPA axis evaluation



One Day Hormone Check Biomarkers

Biomarkers
Estradiol (E2)
Estrone (E1)
Estriol (E3)
Testosterone
Progesterone
Cortisol
DHEA
Melatonin

● Specimen Requirements

- **One Day Hormone Check**
Five to seven saliva samples collected at specific times over one-day period

Cortisol Options:

- **Adrenocortex Stress Profile:**
Four saliva samples collected at specific times over a one-day period
- **Adrenocortex Stress Profile with Add-on Cortisol Awakening Response:**
Six saliva samples collected at specific times over a one-day period

● Related Profiles

- Menopause Plus
- Complete Hormones
- Hormonal Health
- Adrenocortex Stress Profile

● Value-added Services



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