Methodology: UPLC/MS/MS, Colorimetric Assay

0142 Estronex® Profile - Urine

Test Explanation

The Estronex report is organized to help you find answers to the following clinically relevant questions:

1. **Is the 2/16 ratio low? If so, then...**
   - There may be an increased risk for cancer in estrogen-sensitive tissue.
   - The 2/16 ratio may be increased by adding brassica vegetables or supplementing with I3C or DIM. Soy isoflavones, omega-3 fatty acids or flax seed (not oil) may also have favorable effects.

2. **Is the 4-hydroxyestrone level high? If so, then...**
   - This is another result that may be associated with increased cancer risk.
   - Methylation factors may be evaluated (vitamin B12, folate, COMT SNPs, methyl donor supply).

3. **Is the 2-OHE1/2-OMeE1 ratio high? If so, then...**
   - Catecholestrogen methylation status is poor.
   - The methylation ratio may be improved (lowered) by adding cofactors (vitamin B12 or folate) and methyl donors (such as betaine or DMG). Testing functional need for Vitamin B12 or folate is recommended.

The 2/16 Ratio Range

Numerous studies have established that the relative risk of cancer in estrogen-sensitive tissues is increased for individuals with 2/16 ratios less than 2.0 when hydroxyestrogens are assayed by an immunoassay method(1). The UPLC/MS-MS analytical method now used at Genova gives superior analytical results and allows additional metabolites to be determined(2). The 2/16 ratio cutoff value of 5.2 (5.6 for men) shown on this report is the point at which the percentage of low results is equivalent to that for the immunoassay method.

References

# 0142 Estronex® Profile - Urine

**Methodology:** UPLC/MS/MS, Colorimetric Assay

## 2/16 Hydroxyestrogen Ratio

1. \((2\text{-OHE}1 + 2\text{-OHE}2) / 16\text{a-OHE}1\)  
   - **Result:** 2.8  
   - **Quintile:** L  
   - **Reference Range:** 0.2-42.6

## 4-Hydroxyestrone and Methylation Ratio

2. 4-Hydroxyestrone (4-OHE1)  
   - **Result:** 0.4  
   - **Reference Range:** <= 4.5

3. 2-OHE1 / 2-OMeE1  
   - **Result:** 5.9  
   - **Quintile:** H  
   - **Reference Range:** <= 10.4

## Results and 95% Reference Limits

<table>
<thead>
<tr>
<th></th>
<th>95% Reference Limits</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Pre-Menopausal Females</td>
</tr>
<tr>
<td><strong>Hydroxyestrogens</strong></td>
<td></td>
</tr>
<tr>
<td>2-Hydroxyestrone (2-OHE1)</td>
<td>9.4</td>
</tr>
<tr>
<td>2-Hydroxyestradiol (2-OHE2)</td>
<td>6.8</td>
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<tr>
<td>2-OHE1 + 2-OHE2</td>
<td>16.2</td>
</tr>
<tr>
<td>4-Hydroxyestrone (4-OHE1)</td>
<td>0.4</td>
</tr>
<tr>
<td>16a-Hydroxyestrone (16a-OHE1)</td>
<td>5.8</td>
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<tr>
<td><strong>Methoxyestrogens</strong></td>
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<tr>
<td>2-Methoxyestrone (2-OMeE1)</td>
<td>1.6</td>
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<tr>
<td>4-Methoxyestrone (4-OMeE1)</td>
<td>&lt;0.23</td>
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</tbody>
</table>

*Creatinine = 150 mg/dL*

<DL = less than detection limit

*UC = Unable to calculate

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**Georgia Lab Lic. Code #067-007**

**Laboratory Director:** Robert M. David, PhD

**CLIA ID# 11D0255349**

**Testing Performed by Genova Diagnostics, Inc. 3425 Corporate Way, Duluth, GA 30096**

**New York Clinical Lab PFI #4578**

**Florida Clinical Lab Lic. #600008124**