You can experience great health at every stage of your life.

Hormone imbalances contribute to the following diseases:

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

Conditions caused or aggravated by imbalanced hormones:

- Low libido
- Infertility
- Miscarriage
- PMS
- Symptoms of menopause
- Menstrual irregularity

Based in the UK, Genova Diagnostics Europe was formed when Genova Diagnostics and IWDL (Individual Wellbeing Diagnostics Laboratories) merged in 2007. Genova Diagnostics are a global leader in functional laboratory testing and a pioneer in innovative approaches to personalised medicine. Unlike traditional laboratories that focus solely on disease pathology, Genova offers comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of various biological systems. As more patients take an active role in managing their health, and practitioners focus on prevention, these diagnostic tests provide a more complete picture of the health of the individual and help identify problems before chronic conditions and disease develop. Detailed graphic reports facilitate practitioner-patient communication and the development of a personalised approach to optimal health. Combining 30 years of experience, the laboratories in both the USA and the UK are committed to the highest professional standards, with teams of medical experts providing technical support to healthcare professionals, as well as a robust array of educational resources.

Ask yourself these simple questions to see if hormone testing may be right for you:

- Has your interest in sex diminished?
- Have you tried to conceive for a year without success?
- Do you experience hot flushes, 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 irregular menstrual cycles, spotting, or heavy bleeding?
- Do you tend to have painful periods?
- 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.
Throughout your life, hormones play a crucial role in maintaining your health. Your body produces these chemicals to stabilise many of its systems. Proper balance of oestrogen, progesterone and testosterone are essential for optimal muscle tone, bone health, libido, fertility and a healthy menstrual cycle.

Healthy hormone balance can have a number of positive benefits for women of all ages, including optimal skin tone, easier weight management and increased energy levels. Imbalanced hormones also affect sleep, metabolic rate and immune system function, and contribute to the development of osteoporosis, breast and endometrial cancer, and heart disease.

FEMALE HORMONES
Hormones are tremendously complex. During the pre-menopausal years, imbalanced hormones can pose challenges with mood stabilisation, 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 flushes, 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 replacement therapy (HRT) or other means of balancing hormones.

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.

OSTEOPOROSIS
Osteoporosis is a disease that results from bone loss, gradually leading to bone weakening. Reduced height, stooped posture, fractures, and deformities may result. Most diagnostic tests only confirm bone loss after it has occurred. Genova Diagnostics’ Bone Resorption Assessment detects early active bone loss before it becomes a problem, allowing you to take preventative action.

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. High levels may be associated with depression.

Specialised lab tests from Genova Diagnostics deliver precise insights about the way your hormone levels impact your body.