

Testing & Treatment

Initial salivary testing and follow up salivary monitoring are crucial for determining the most optimal treatment program. Salivary testing allows you to measure your unbound, or bioavailable, hormone levels, which is not possible with blood testing.

Because of the complexity of the hormone system, issues that arise rarely stem from just one hormone. If there is a disruption in the balance of hormones produced by one gland, it can cause other glandular systems to participate and soon throw off the body's entire system.

Symptom Information

Testosterone plays a critical role in maintaining both physical and mental health. From its peak in the late teens and early 20's, the production of male hormones taper off steadily from the age of 35 onward. This physiologic decrease can cause changes in sexual function, mood, energy level and body composition. This change in male hormone levels is commonly known as andropause. Some of the symptoms associated with decreased testosterone production in the male body are:

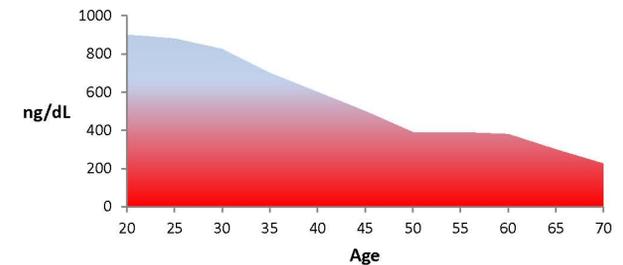
- **Decreased erectile function**
- **Decreased mental ability**
- **Insulin resistance**
- **Loss of muscle strength**
- **Loss of muscle mass**
- **Less energy**
- **Weight gain**
- **Trouble urinating**
- **Prostate problems**
- **Bone loss**

Effect on the Body

Stress management, regular exercise, healthy nutrition, dietary supplements and hormone supplementation have all been shown to raise androgen levels in men and help counter andropausal symptoms.

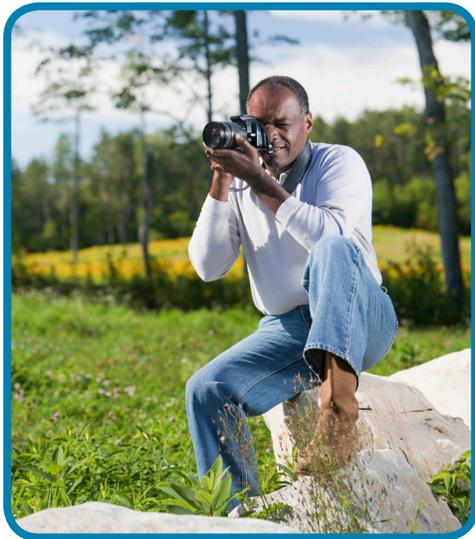
While testosterone is thought of as “the” male hormone, it is also important to maintain appropriate levels of estrogen, progesterone, DHEA and cortisol. The imbalance of Testosterone in relation to estrogen may contribute to prostate problems. If the adrenal system (which secretes cortisol and DHEA) is out of balance, men may also experience problems with nervous and immune systems and may develop blood sugar irregularities. These irregularities also contribute to cardiovascular health risk. As we age and our production of sex hormones changes, the adrenals play a central role in sustaining optimal health and sex hormone function. Maintaining healthy adrenal function is also an essential piece of aging well.

MALE Testosterone Decline with Age



The **Comprehensive Hormone Panel** is an excellent starting place for evaluating hormone function in the body. This panel measures both reproductive (sex) and adrenal hormones. The Comprehensive Panel will test the following hormones:

- **Testosterone**
- **Estradiol**
- **Progesterone**
- **DHEA**
- **Cortisol - four times during the day**



You check your blood pressure.
You check your cholesterol.
You have your prostate checked.

Have you checked your hormones lately?

Optimal hormone balance can help you...

- Gain muscle mass
- Gain muscle strength
- Maintain healthy libido
- Feel more energetic
- Lose weight

Optimal hormone health can also help men maintain a healthy prostate gland and help prevent prostate cancer — the most prevalent cancer among men. An accurate and easy salivary hormone test can be the first step to helping you **look better** and **feel better**.

**Ask your healthcare provider for
your test kit today!**



Labrix Clinical Services

16255 SE 130th Avenue
Clackamas, OR 97015

www.labrix.com | 1-877-656-9596

Licensure & Certification



Hormone Health For Men



Test Now & Treat Right™