



Often overlooked in balancing the hormonal changes of menopause, assessing and optimizing cortisol levels is an essential component to a successful transition to menopause. Cortisol levels can shift with sudden or persistent stress. Cortisol levels that are too high or too low may further compound the symptoms associated with menopause.

Testing and Treatment

Salivary testing and follow up monitoring are crucial for determining the most effective hormone balancing treatment program. Salivary testing is advantageous over other testing mediums because it allows you to assess your bioavailable hormone levels – what is actually available for use by the body. Because of the complexity of changes to the endocrine system during menopause, hormone testing is imperative to identify proper treatment options.

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

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

Testing will allow your healthcare professional to find the best way to balance your hormones. Ask to take home your kit today!

What's Happening?

Life expectancy for women has nearly doubled over the last century, reaching an average age of 83! This increase means a woman can expect to live nearly half of her life after menopause.

A natural process for the aging woman, menopause is official when a woman has not had a period for 12 consecutive months, at which time she is considered post-menopausal. For many women, this time of life brings an array of concerns. There are safe and healthful ways to avoid the side effects of menopause, age gracefully and reclaim the vitality of your youth.

The first step is to identify the symptoms:

- **Hot flashes / night sweats**
- **Sleeplessness**
- **Menstrual changes**
- **Unwanted hair growth**
- **Weight gain**
- **Thinning skin**
- **Depression**
- **Bone loss**

Effect on the Body

Menopause is a gradual process that may take up to 10 years to occur. The years leading up to menopause are known as peri-menopause.

During the peri-menopausal years, progesterone levels decline significantly. While estrogen levels change as well, they rarely decline in balance with progesterone levels. This imbalance in the decrease of estrogen and progesterone levels often leads to more estrogen in relation to progesterone and is termed estrogen dominance.

Estrogen dominance is common during peri-menopause and may contribute to mood changes, hot flashes, irritability, memory loss and more. Persistent estrogen dominance may be a risk factor for several diseases including estrogen-dependent cancers, osteoporosis, Alzheimer's disease and cardiovascular disease.





You have annuals.
You have breast exams.
You exercise regularly.
Have you checked your hormones lately?

Hormone balancing can help you:

- Get regular sleep
- Curb sugar cravings
- Diminish hot flashes
- Improve libido
- Maintain ideal weight

Taking charge of your health and asking for the right kind of testing is important. Optimal hormone health can also help reduce your risk of cardiovascular disease and certain forms of cancer. 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



Managing Menopause

LABRiX Test Now & Treat Right™