

Accession: 17-FHP
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Received: **7/11/2017**
 Completed: **7/11/2017**
 Reported: **7/13/2017**

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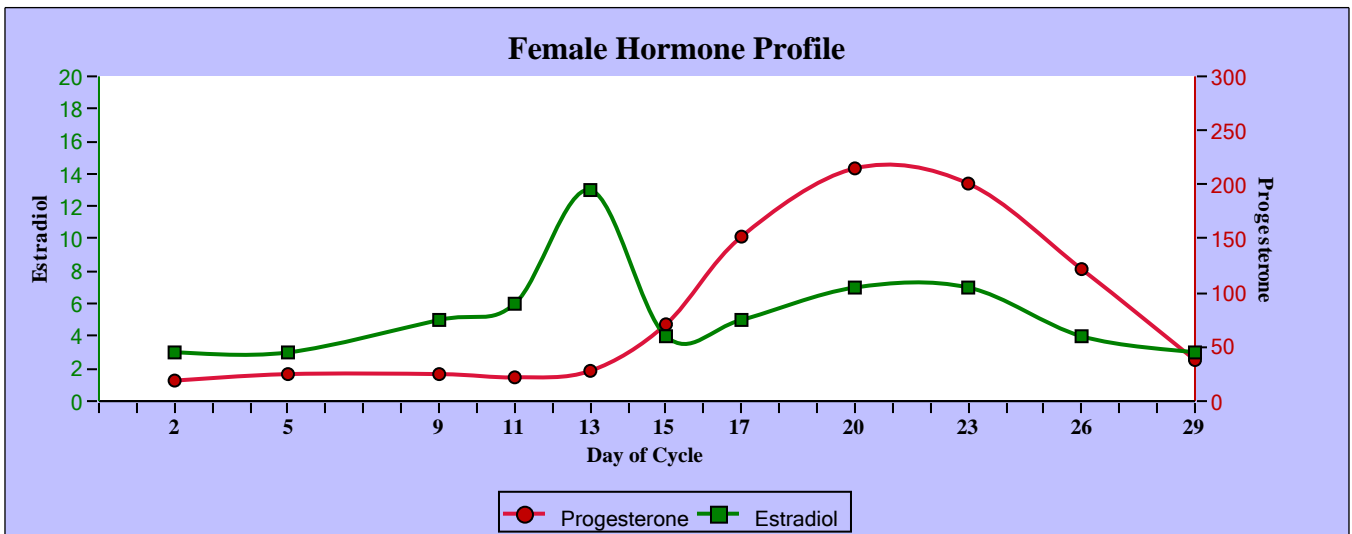
Results For: SAMPLE REPORT, FEMALE PATIENT

Age: **22** DOB: **7/3/1995** Sex: **F**
 Patient's Tel:
 Ref. ID:
 Specimen Collected: **7/11/2017**

FHP Cycling Female Hormone Panel - Saliva

Day of Cycle	Day	2	5	9	11	13	15	17	20	23	26	29
Estradiol	pg/ml	3	3	5	6	13	4	5	7	7	4	3
Progesterone	pg/ml	19	25	25	22	28	71	152	215	201	122	38

Cycle Information	Start	6/13/2017	Ranges	Phase	Estradiol	Progesterone
	End	7/11/2017		Follicular	2-10 pg/ml	20 - 100 pg/ml
	Length	28		Preovulatory	7-25 pg/ml	
				Luteal	3-16 pg/ml	65 - 500 pg/ml



Test	Description	Result	Ref Values
DHEA	Dehydroepiandrosterone [DHEA + DHEA-S] (saliva)	Cycle Average 6 Normal	Adults: 3-10 ng/ml
TTF	Testosterone (saliva)	Cycle Average 37 Normal	Adults Borderline: 6-9 pg/ml Normal: 10-38 pg/ml

I. Progesterone (P) Interpretation

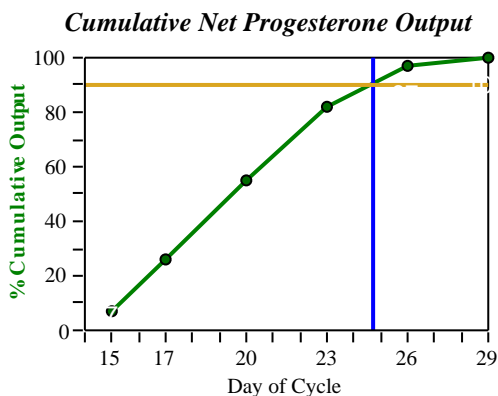
Luteal Surge of Progesterone Occurred Around Day 14
 Luteal Phase Length is Normal, Expected Range 12-18 days

Luteal Phase Progesterone Analysis:

Net Output: 655 pg
 Total Output: 799 pg
 Relative Net: 82% Expected Minimum is 55%

Luteal P Output Distribution:

Patient approached 90% of Progesterone Output by Day 25 of Period
 or by Day 11 of Luteal Phase.
 Marginal Distribution of Progesterone Output



II. Estradiol Interpretation

Optimal Preovulatory Timing of Estradiol Peak with Respect to Ovulation

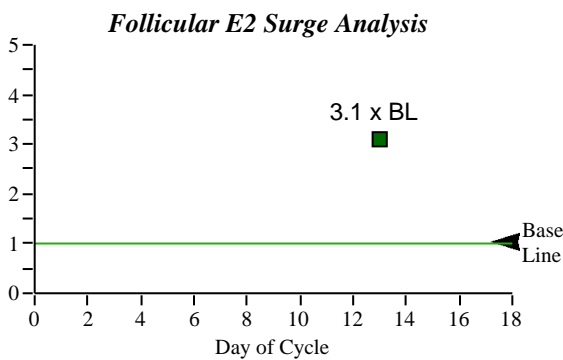
Follicular E2 Surge Analysis

This ratio is an index of ovarian capacity to respond to FSH stimulation.
 A low ratio indicates a weak FSH Surge or low ovarian capacity and response.

Patient value: 3.1 Acceptable values: > 1.8

Estradiol Analysis:

Total Cycle Estradiol Output: 60 pg Range: 22 - 110 pg
 Borderline Low: 22 - 31 pg
 Preovulatory Phase Estradiol Output: 30 pg
 Luteal Phase Estradiol Output: 30 pg
 Relative Luteal Phase Estradiol: 50%



Follicular Estrogen Priming Index (Eπ)

(a) The **Eπ** is a quantitation of Estrogen Exposure in target tissues (uterus, breast brain, bone, skin, etc.) during the follicular phase. A sufficient Estrogen exposure is required for optimal tissue response. Low **Eπ** values favor reduced functional impact of Progesterone on E2 sub-primed tissue.

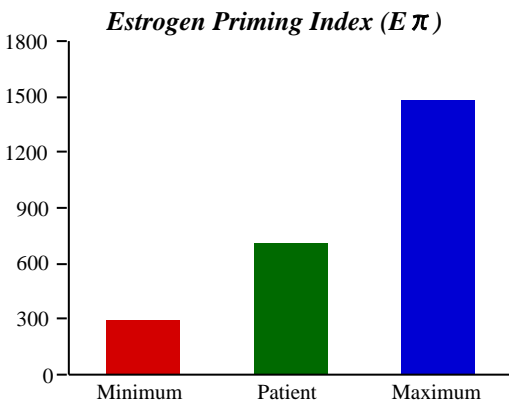
(b) The index is a function of concentration and duration of Estrogen exposure. Upper and lower reference values are individualized for each patient based on the period length.

(c) Significance: The genomic influence of Estrogen on target tissue structure and organization is cumulative and prolonged:

Example 1 - Breast, fat cell, and fibroid tissue proliferation under increased Estrogen influence is rather lasting; because once formed, the maintenance of the proliferated tissue requires minimal amounts of Estrogen.

Example 2 - Degenerative effects of suboptimal Estrogen (E2) and Progesterone (P1) on bone tissue are also prolonged. Bones require optimal E2 and P1 balance for long periods of time to reverse osteoporosis.

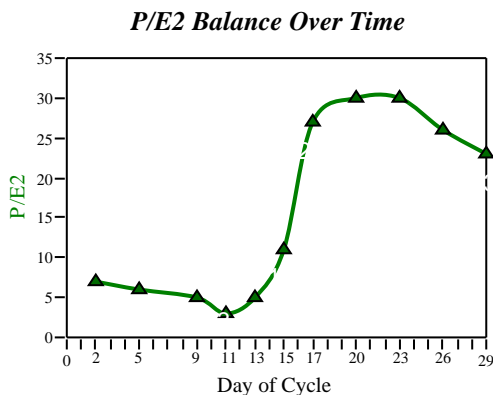
Eπ Patient value: 712 Reference: 296 - 1480



III. Progesterone: Estradiol Balance (P/E2)

Luteal P/E2 target range: 30 - 40

The Average Ratio of Luteal Phase Output of Progesterone to Estradiol = 27
 P/E2 Ratio Favors a State of Estrogen Dominance.



Comments:

If you have questions regarding interpretation of results, please call the medical support department for more information.

Diagnosis Code(s): Not Provided To The Lab

Results and comments above are intended for informational purposes and should not be construed as medical advice. Use this report in context of the clinical picture and patient history before initiating any treatment.

For additional resources, including testing guidelines, result interpretation, and treatment protocols, please login to our website at www.diagnostechs.com and select Resources -> Provider Tools.

COURTESY INTERPRETATION of test and technical support are available upon request, to Physicians Only.



Accession: 17-FHP

Cycling Female Hormone Panel

Qualitative Patient Report For: FEMALE PATIENT -

This Report is not Applicable in Cases of Deviation off Recommended Collection Schedule, or Hormone Overdosing.

Description:

This hormone panel maps the changes in estrogen and progesterone through out your cycle. It also provides your cycle average for both DHEA and Testosterone hormones. The expanded version of the panel, when ordered, will provide you with additional information on how well your brain hormones, FSH and LH, are regulating your ovaries.

What do my results tell me? Your results provide information about 3 important aspects of your hormone cycle.

I. Time Elements

* Your cycle length was reported as 28 days.

* The first part of the cycle before egg release was 14 days.

In this phase (Follicular) the egg matures and the various tissues are primed with estrogen from the ovary to prepare for progesterone exposure in the second half of the cycle.

* Your estrogen priming is normal.

* Ovulation: Your cycle showed an ovulation between days 13 and 15. Ovulation is the release of an egg.

Your Luteal Phase, 2nd half of cycle, starts with ovulation

The luteal phase of your cycle was Normal with a duration of 14 days.

Notes: In the 2nd half of your cycle several things happen:

- The ovaries are prompted by the brain to produce progesterone.

- The uterus lining changes under the influence of progesterone.

- The recruitment of underdeveloped eggs for the next cycle takes place.

- The balance of progesterone to estrogen plays an important role in cognitive, mood, sleep and other functions.

II. Your Individual Hormones

Your Progesterone State

Following ovulation the amount of progesterone released in the second half of your cycle seems sufficient.

Your Estrogen State

The estrogen production by your ovaries is normal. The tissue exposure to estrogen in the first half of the cycle (Estrogen priming) appears normal thus allowing a more optimal progesterone effect to follow in the second half of your cycle.

Your DHEA Level

The DHEA value on your report is derived from several samples you submitted, and can be considered a cycle average.

Your average DHEA value is 6 ng/ml. Reference Range: 3-10 ng/ml

Your Testosterone Level

The testosterone value reported reflects the average concentration of several specimens submitted.

Your average testosterone value is 37 pg/ml. The borderline range is 6-9 pg/ml, normal is 10-38 pg/ml.

III. Progesterone To Estrogen Balance

The balance of hormones in the luteal phase is acceptable.

Course of Action

Your health care provider may use the Data in the quantitative report section to construct your treatment plan.

Please note most hormone treatments have gradual and cumulative effects. Synchronizing the treatment plan with your hormone patterns as shown in this report helps insure a logical, gentle and body-harmonized approach.