

TEST REPORT

8605 SW Creekside Place
Beaverton, OR 97008
Phone: 503-466-2445 Fax: 503-466-1636



2018 08 08 222 S

Ordering Provider:

Getuwell Clinic
John Getuwell, MD

Samples Received

08/08/2018

Report Date

08/10/2018

Samples Collected

Saliva - 08/05/18 06:05

Patient Name: Hormone Trio

Patient Phone Number: 555 555 5555

Gender Female	Last Menses Unspecified	Height Unspecified	Waist Unspecified
DOB 7/13/1958 (60 yrs)	Menses Status Postmenopausal	Weight Unspecified	

TEST NAME	RESULTS 08/05/18	RANGE
Salivary Steroids		
Estradiol	2.2	0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3)
Progesterone	833	200-3000 pg/mL Topical, Troche, Vag Pg (10-30mg)
Ratio: Pg/E2	379	Optimal: 100-500 when E2 1.3-3.3 pg/mL
Testosterone	33	16-55 pg/mL (Age Dependent)

<DL = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low.

Therapies

1mg topical Biestrogen (80/20 E3 + E2) (compounded) (24 Hours Last Used)30mg topical Progesterone (compounded) (12 Hours Last Used)0.5mg topical Testosterone (compounded) (24 Hours Last Used) topical DHEA (compounded) (24 Hours Last Used)

TEST REPORT | Patient Reported Symptoms

Hormone Trio
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Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

SYMPTOM CATEGORIES	RESULTS 08/05/18
Estrogen / Progesterone Deficiency	2%
Estrogen Dominance / Progesterone Deficiency	0%
Low Androgens (DHEA/Testosterone)	4%
High Androgens (DHEA/Testosterone)	10%
Low Cortisol	5%
High Cortisol	2%
Hypometabolism	0%
Metabolic Syndrome	2%

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Aches and Pains	<input type="checkbox"/>		
Acne	<input type="checkbox"/>		
Allergies	<input type="checkbox"/>		
Anxious	<input type="checkbox"/>		
Bleeding Changes	<input type="checkbox"/>		
Blood Pressure High	<input type="checkbox"/>		
Blood Pressure Low	<input type="checkbox"/>		
Blood Sugar Low	<input type="checkbox"/>		
Body Temperature Cold	<input type="checkbox"/>		
Bone Loss	<input type="checkbox"/>		
Breast Cancer	<input type="checkbox"/>		
Breasts - Fibrocystic	<input type="checkbox"/>		
Breasts - Tender	<input type="checkbox"/>		
Chemical Sensitivity	<input type="checkbox"/>		
Cholesterol High	<input type="checkbox"/>		
Constipation	<input type="checkbox"/>		
Depressed	<input type="checkbox"/>		
Fatigue - Evening	<input type="checkbox"/>		
Fatigue - Morning	<input type="checkbox"/>		
Fibromyalgia	<input type="checkbox"/>		
Foggy Thinking	<input type="checkbox"/>		
Goiter	<input type="checkbox"/>		
Hair - Dry or Brittle	<input type="checkbox"/>		
Hair - Increased Facial or Body	<input type="checkbox"/>		
Hair - Scalp Loss	<input type="checkbox"/>		
Headaches	<input type="checkbox"/>		
Hearing Loss	<input type="checkbox"/>		
Heart Palpitations	<input type="checkbox"/>		
Hoarseness	<input type="checkbox"/>		
Hot Flashes	<input type="checkbox"/>		
Incontinence	<input type="checkbox"/>		
Infertility	<input type="checkbox"/>		
Irritable	<input type="checkbox"/>		
Libido Decreased	<input type="checkbox"/>		
Memory Lapse	<input type="checkbox"/>		
Mood Swings	<input type="checkbox"/>		
Muscle Size Decreased	<input type="checkbox"/>		
Nails Breaking or Brittle	<input type="checkbox"/>		
Nervous	<input type="checkbox"/>		
Night Sweats	<input type="checkbox"/>		
Numbness - Feet or Hands	<input type="checkbox"/>		

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9/14/2018 10:27:53 AM

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zava

David T. Zava, Ph.D.
Laboratory Director

Alison McAllister ND

Alison McAllister, ND.
(Ordering Provider unless otherwise specified on page 1)

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Pulse Rate Slow			
Rapid Aging			
Rapid Heartbeat			
Skin Thinning			
Sleep Disturbed			
Stamina Decreased			
Stress			
Sugar Cravings			
Sweating Decreased			
Swelling or Puffy Eyes/Face			
Tearful			
Triglycerides Elevated			
Urinary Urge Increased			
Uterine Fibroids			
Vaginal Dryness			
Water Retention			
Weight Gain - Hips			
Weight Gain - Waist			

Lab Comments

Estradiol is within the observed range for physiological topical bi-estrogen replacement therapy, and within the observed range seen in most premenopausal women (1.3-3.3 pg/ml) without symptoms of estrogen imbalance. Symptoms of estrogen imbalance are minimal at this time, based on self-reporting, indicating that dosing and delivery of estrogens is optimal.

Progesterone is within luteal range with physiological (10-30 mg) topical progesterone supplementation. Progesterone is well balanced with estradiol (optimal Pg/E2 ratio) and symptoms of estrogen/progesterone imbalance (deficiency and excess) are minimal.

Testosterone is within expected range with physiological topical testosterone therapy. Symptoms of androgen deficiency and/or excess are minimal, indicating that dosing and delivery is appropriate and optimal.