



**Report Number:**  
-S0098

**Provider:**  
Sample Reports  
16255 SE 130th Ave  
Clackamas, OR 97230

**Patient Info:**  
Joe S Sample

**Age:66 Gender:**

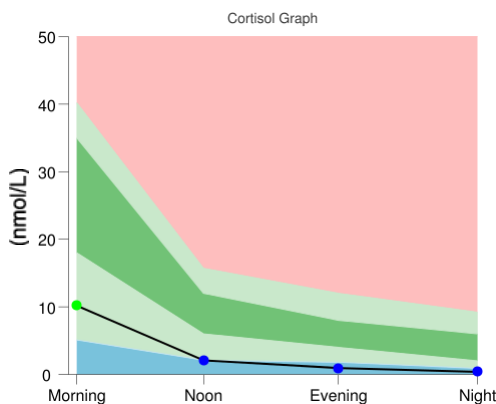
**Menopausal Status:**  
Male

Sample  
SampleSample, MT 55555

Sample Collection	Date/Time
Morning	04/14/2015 0815
Noon	04/14/2015 1100
Evening	04/14/2015 1745
Night	04/14/2015 2210

Samples Arrived	04/15/2015
Results Reported	04/19/2015

	Saliva Hormone Test	Result	Units	L	WR	H	Reference Range	
HORMONES	<b>Estrone (E1)</b>	26.44	pg/ml		◆		<39.0 male	
	<b>Estradiol (E2)</b>	< 1.00	pg/ml		◆		<2.5 male	
	<b>Estriol (E3)</b>	< 5.00	pg/ml		◆		<66.0	
	<b>EQ (E3 / (E1 + E2))</b>	0.18						
	<b>Progesterone (Pg)</b>	12.16	pg/ml		◆		<94.0 male (500-3000 supplementation)	
	<b>Ratio of Pg/E2</b>	12.16		↓			200-300 male (Pg supplementation)*	
	<b>Testosterone</b>	37.10	pg/ml		◆		30.1-142.5 male (142.6-350.0 supplementation)	
	<b>DHT</b>	10.44	pg/ml	↓			14.6-50.2 male	
	ADRENALS	<b>DHEA</b>	< 10.24	pg/ml	↓			137.0-336.0 male
		<b>Cortisol Morning</b>	10.17	nmol/L		◆		5.1-40.2; optimal range: 18-35*
<b>Cortisol Noon</b>		2.08	nmol/L	↓				
<b>Cortisol Evening</b>		0.94	nmol/L	↓			1.8-12; optimal range: 4-8*	
<b>Cortisol Night</b>		0.38	nmol/L	↓			0.9-9.2; optimal range: 2-6*	



### Hormone Interpretations:

- There is no established reference range for the Estrogen Quotient (EQ) in men. There is evidence that estriol may be protective to breast tissue and this data could potentially be extrapolated to apply to prostate health.
- The low Pg/E2 ratio and reported prostate gland related symptoms are consistent with progesterone insufficiency (estrogen dominance), which may increase the risk of prostate gland enlargement and cancer. Supplementation with topical progesterone to correct this relative deficiency is a consideration.
- While DHEA levels are expected to decline with age (adrenopause), the DHEA level measured here is below the age related decline. The low DHEA level may warrant supplementation for optimal well-being. Note: Supplementation with DHEA may increase testosterone and/or estradiol levels.
- Diurnal cortisol pattern and reported symptoms are consistent with evolving (Phase 2) adrenal gland dysfunction (hypoadrenia).

### Notes:

L=Low(below range) WR=Within Range (within range) H=High (above range)

DHEA, Testosterone, Estrone and Estriol results are for investigational use only.

\*Apply only when all four cortisols are measured. Clinical interpretations may override these generalized optimal ref. ranges.

\*\*The Pg/E2 ratio is an optimal range established based on clinical observation. Progesterone supplementation is generally required to achieve this level in men and postmenopausal women.

### Adrenal Phase: 2



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