

Why and When to Retest Salivary Hormone Levels

When creating a treatment plan for your patients that includes bioidentical hormone replacement therapy, it is essential to establish baseline hormone levels in order to tailor your treatment specifically to individual patients. But how often, and when, should retesting be done?

Initial retesting is recommended 2-3 months after starting a supplementation program to ensure that the dosage is sufficient and not excessive. An exception to this initial 2-3 month guideline is retesting cortisol levels in an individual participating in an adrenal support supplementation plan that does not include cortisol. In these individuals, initial cortisol retesting may be considered anywhere from 3-6 months after starting their treatment plan depending on their symptom picture, ongoing stress, degree of dysfunction, etc. It can take years for the down-regulation of the stress response that results in depressed cortisol levels to transpire and, unfortunately, the healing process doesn't occur overnight. Retesting too soon may be discouraging to the patient.

If symptoms of hormone imbalance resolve within the 2-3 month time frame and follow up salivary testing reveals optimal levels of the tested hormone(s), retesting does not need to be performed for another 12 months, unless hormonal symptoms develop/return prior to the end of the 12 month window. To maintain an optimal quality of life, many people participating in a BHRT program do so over months to years and periodic checking of their hormone levels is important, as there are many things that can cause hormone levels to vary and shift, even after the

Check out our
upcoming
events below

Contact us



877.656.9596



newsletter@labrix.com



Upcoming events

**Restorative Medicine
Conference**
September 13 - 16, 2012
For more information:
[Click Here](#)

Labrix Advanced Workshop
February 9 - 10, 2013

Register Today!
[Click Here](#)

primary decline in ovarian or testicular function (menopause or andropause). Lifestyle factors such as weight gain, changes in activity level and diet and disease states can influence individuals' hormone levels. For these reasons, it's important to retest salivary hormone levels on an annual basis to ensure optimal levels are maintained over time. When ordering a retest, the order can be tailored to include just the hormones that have been affected with treatment and/or the downstream hormones that may fluctuate due to conversion. For example, if testosterone therapy is implemented, it is important to monitor estradiol levels in addition to testosterone due to the possible aromatization of testosterone into estrogen. For those individuals utilizing cortisol therapy as a component of their BHRT program, retesting at regular intervals is necessary to monitor the adrenal response to treatment and recovery potential.

When retesting hormone levels, it's important to instruct the patient in proper dosage intervals based on the form of supplementation they are utilizing. This ensures that the results gleaned from the test accurately reflect the patient's therapeutic hormone levels.

Supplementation Form	Dosage Interval (when to test)
Sublingual	24-36 hours after last supplementation, avoiding supplementation until all 4 samples have been collected
Topical	12-24 hours after last application, avoiding supplementation until all 4 samples have been collected
Oral	Continue supplementation as typical on day of collection
Injection	Mid cycle collection of sample (e.g. on day 3 if injections are weekly)
Patch	Continue supplementation as typical on day of collection

All of this and more is covered in the Labrix How To Guide included with every new provider startup kit. A handy tool, your How To Guide is a comprehensive at-a-glance reference for the most commonly asked questions regarding salivary hormone testing and subsequent treatments.

Upcoming events

Restorative Medicine
Conference
September 13 - 16, 2012
For more information:
[Click Here](#)

Labrix Advanced
February 9 - 10, 2013

Register Today! [Workshop](#)
[Click Here](#)