

You do regular self-breast exams.
 You do mammograms.
 You do thermography.

Have you checked your hormones lately?

Symptom Review

Review the symptom checklist below and indicate any symptoms you are experiencing. Return to your healthcare provider to start the conversation about your hormone health! 0 = none, 3 = severe

Symptom	0	1	2	3
Irregular periods				
Uterine fibroids				
Water retention				
Tender breasts				
Fibrocystic breasts				
Increased forgetfulness				
Foggy thinking				
Tearful				
Depressed				
Mood swings				

Information Provided By:

Breast Health For Women



Breast health is influenced by excess estrogen, progesterone insufficiency and estrogen conversion. Proper hormone balancing can help women maintain healthy breasts and reduce their risk of breast cancer. Labrix offers salivary hormone testing to assess hormone balance including estrogens and progesterone. This easy and accurate test can be done in the comfort of your home.

Ask your healthcare provider about Labrix testing today!



doctorsdata.com
800.323.2784



labrix.com
877.656.9596





What's Happening?

Hormone balance plays an important role in maintaining healthy breasts. The hormones progesterone and estrogen both impact breast tissue. Estrogen is important for cell growth and breast development. Progesterone is a protective hormone and helps slow tissue growth. When estrogen and progesterone are in balance, breast tissue is likely to be healthy. When out of balance, symptoms often appear:

- Breast pain
- Cysts or lumps
- Fibrocystic changes
- Breast tenderness
- Change in breast size

Inadequate levels of progesterone, commonly referred to as “estrogen dominance,” can cause uncomfortable breast tenderness in some women. **Estrogen dominance** (progesterone insufficiency) is a common occurrence and manifests when there is too much estrogen in the body in comparison to progesterone.

Effect on the Body

While progesterone insufficiency can be seen in women of all ages and menstrual statuses, it is more likely to occur in peri-menopausal and post menopausal women. Peri-menopause is the term for the years leading up to menopause, which can begin as early as age 40. Progesterone levels drop quite sharply during the peri-menopausal years while estrogen levels may remain adequate or even be elevated. Elevated levels of estrogen, especially estrone and estradiol, can be detrimental to breast tissue, and imbalances in these estrogens, as well as long-term estrogen dominance, are significant risk factors for breast disease and breast cancer.

If hormones are imbalanced, breast health may be negatively affected. While exams are a vital part of overall breast care, keeping breasts healthy involves keeping hormones balanced and tissues healthy. As we age, our production of sex hormones changes. However, with proper monitoring and treatment, these changes need not have a negative effect on our bodies.

Testing Considerations

A comprehensive breast care program includes regular self and clinical breast exams and imaging (thermography and/or mammograms) to screen for breast tissue abnormalities. Regular hormone evaluations are instrumental in assessing for and addressing risk factors for breast health concerns, including breast cancer.

As many as 1 in 8 women will develop breast cancer during their lifetime; therefore, being proactive with breast health is wise. Hormone testing and follow up is a crucial component to your optimal treatment program.

Get tested! Because of the complexity of the endocrine system, issues rarely stem from one hormone alone. To evaluate your hormone function, ask your health care provider about the Women's Health and Breast Panel.

The **Women's Health and Breast Panel** will evaluate the following hormones, tested in saliva:
3 Estrogens: Estrone, Estradiol, Estriol
Progesterone, Testosterone, DHEA
Cortisol - four times during the day

