

Hormone Testing

A Guide to Choosing Sample Types

Introduction

Genova Diagnostics is the only laboratory that offers comprehensive hormone testing in all three sample types: *serum, saliva and urine*.

“What sample type do I use?” is a question practitioners must answer now that advances in laboratory technology provide the ability to accurately measure hormones in each of these sample types.

Understanding the unique benefits of each sample type facilitates the most appropriate and effective use of these tests.

Interpretation

Below is a list of benefits for each sample type:

	Serum	Saliva	Urine
Measures:	<ul style="list-style-type: none"> Highly sensitive evaluation for primarily bound circulating hormones Sex Hormone Binding Globulin (SHBG) provides estimate of bioavailable Estradiol and Testosterone 	<ul style="list-style-type: none"> Highly sensitive evaluation for unbound (free) hormones 	<ul style="list-style-type: none"> Highly sensitive evaluation for unbound (free) hormones and their metabolites
Collection:	<ul style="list-style-type: none"> Quick, in-office 	<ul style="list-style-type: none"> Convenient, at-home 	<ul style="list-style-type: none"> Convenient, at-home
Provides:	<ul style="list-style-type: none"> Single sample Evaluates primary hormones for deficiencies or excesses Evaluates 2- and 16-hydroxyestrone 	<ul style="list-style-type: none"> Single sample or sequential samples collected throughout the day or month Evaluates primary hormones for deficiencies or excesses Evaluates for cycle abnormalities 	<ul style="list-style-type: none"> 24-hour collection or First Morning Void (FMV) Evaluates primary hormones for deficiencies or excesses Provides a robust evaluation of hormone metabolites
Reports:	<ul style="list-style-type: none"> Excellent evaluation for oral HRT 	<ul style="list-style-type: none"> Excellent evaluation for transdermal HRT 	<ul style="list-style-type: none"> Excellent evaluation for oral and transdermal HRT

Below is a list of hormones measured for each sample type:

Serum	Saliva	Urine
<ul style="list-style-type: none"> Estrogens (E1, E2, E3) 2- and 16α hydroxyestrone Progesterone Testosterone Thyroid hormones Cortisol DHEA Insulin Insulin like-Growth Factor (IGF-1) SHBG 	<ul style="list-style-type: none"> Estrogens (E1, E2, E3) Progesterone Testosterone Cortisol DHEA Melatonin 	<ul style="list-style-type: none"> Estrogens (E1, E2, E3) All estrogen metabolites (including 2-, 4-, and 16α hydroxyestrone, and 2- and 4-methoxyestrone) Progesterone metabolites Testosterone and its metabolites Cortisol and its metabolites DHEA Thyroid (T₃) Growth hormone Aldosterone

Treatment

Within the guidelines listed above, all three sample types can be used to identify the need for hormone replacement, and to evaluate the adequacy and safety of this therapy.