

P: 1300 688 522
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Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125

SAMPLE REPORT

09-May-1990 Female

16 HARKER STREET
BURWOOD VIC 3125

LAB ID : 3814083
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814083

ENDOCRINOLOGY URINE

URINE, 24 HOUR	Result	Range	Units	
Total Volume	2000	693 - 3741	mL	
Estrogen Metabolites, 24hr Urine				
2-OH E1 (Protective Metabolite)	13.80	3.80 - 38.10	ug/24h	
16-OH E1 (Proliferative Metabolite)	10.60 *H	2.10 - 7.90	ug/24h	
2/16-OH E1 Ratio (Anti-Prolif'ative Index)	1.30 *L	> 2.00	RATIO	
4-OH E1 (Mutagenic Metabolite)	4.86	0.80 - 5.90	ug/24h	

(*) Result outside normal reference range

(H) Result is above upper limit of reference range (L) Result is below lower limit of reference range

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Estrone Metabolites Comments

PLEASE NOTE NEW REFERENCE RANGES:

URINE 20H-E1 METABOLITE COMMENT:

These estrogens have been named "good estrogen" and by some authors are thought to be cancer protective estrogens.

Their role and impact in males has not been adequately researched or published. Most of the research has been done relative to women's breast cancer.

URINE 16a(OH)-E1 METABOLITES:

High/Elevated levels of 16aOH-E1 have been associated with an increase risk in breast cancer. 16aOH-E1 is the immediate precursor to the weak estrogen, estriol (E3).

Lowering levels of 16aOH-E1 have been achieved via indole-3-carbinol or one of its metabolites, di-indol methane (DIM). Soy and flax meal have also been shown to lower 16aOH-E1 levels.

Postmenopausal women with high levels of 16aOH-E1 may want to forego estradiol and estrone therapy in favour of E3 and progesterone.

Please also note that 16aOH-E1 is important for maintaining bone mineral density.

2(OH) :16a(OH)-E1 METABOLITE RATIO

Target Range:

Ratio > 2.0 Beneficial

Ratio < 2.0 Increased risk of Breast Cancer

Patients with a ratio less than 2.0 may benefit from a modification in diet and lifestyle.

The supplementation of the diet with phytoestrogens may further improve the ratio.

A high protein, low fat diet rich in dietary sources of indole-3-carbinol may also improve the 2/16 ratio. Diindolylmethane (DIM) has also been shown to improve the 2/16 ratio.

URINE 4OH-E1 COMMENT:

Along with 20H-E1, 4OH-E1 comprises what are called the catechol estrogens. However, unlike 20H-E1, this estrone has been shown to be a free radical generator and a very powerful estrogen.

Elevated levels occur in the urine following severe exercise and may indicate a relative lack of the enzyme, catecholamine methyl transferase.

Increasing dietary folic acid may help rectify this situation. This metabolite may eventually be one of the more important metabolites related to increased risk in female cancers.

USEFUL NOTES:

Protective Metabolites: 2-OH E2, 2-OH E1, 2-Methoxy E1.

Anti-Proliferative Metabolites: 2-Methoxy E2.

Carcinogen and Active Estrogen Metabolites: 16 alpha OH E1, 4-OH E1.

Active Estrogens: E2, E1, E3.

The use of DIM/Indole-3-Carbinol supplementation is to shift estrogen metabolism to increase levels of 2 OH and 2 Methoxy metabolites:
E1 conversion to 2-OH E1 and 2-methoxy E1.

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E2 conversion to 2-OH E2 and 2-methoxy E2.

Tests ordered: UCR,U2416 OH

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