



OESTROGEN ESSENTIAL DRIED URINE - Test Code 1506



Turnaround Time: 12-15 business days



Specimen Type: 4x Dried Urine Strips

Description

The Oestrogen Essential Dried Urine profile is an essential tool for evaluating whether estrogens are being metabolised and cleared effectively. This test is especially beneficial for individuals on hormone replacement therapy or those with a personal or family history of oestrogen-dependent cancers, such as breast cancer. Utilising a simple dried urine collection method, the profile analyses twelve key oestrogen hormones and metabolites critical to hormonal health and overall well-being.

Measuring oestrogen metabolites provides vital insights into the body's processing and elimination of oestrogen, which is crucial for assessing hormone balance and disease risk (Li et al., 2021).

The metabolism of oestrogen is linked to various cancers, including breast, ovarian, and prostate cancers. For example, the metabolite 2-hydroxyestrone (2-OH-E1) is protective, while 16 α -hydroxyestrone (16 α -OH-E1) and 4-hydroxyestrone (4-OH-E1) have been associated with an increased cancer risk (Li et al., 2021).

When oestrogen levels are disproportionately high compared to progesterone, symptoms like weight gain, PMS, and mood swings can occur. Analysing these metabolites helps determine whether the body is effectively metabolising oestrogen or contributing to oestrogen dominance (Li et al., 2021).

Whats included?

- Oestrogens (& metabolites)

Conditions and Symptoms

- Personal or family history of breast cancer
- Perimenopause/menopausal
- Heavy or prolonged periods
- Anxiety or irritability
- Bloating and water retention
- Breast tenderness and swelling
- Weight gain
- Infertility or difficulty conceiving
- Acne

Complementary Testing

- Vaginal Microbiome Profile (Test code 2031)
- Female Fertility Profile (Test code 1014)
- Complete Microbiome Mapping (Test code 2206)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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*See NATA and CLIA website for further details