

You have annual check-ups.  
 You perform monthly breast exams.  
 You exercise regularly.

Have you checked your hormone and neurotransmitter levels lately?



Neuroendocrine balancing can help you:  
**Get regular sleep**  
**Curb cravings**  
**Diminish hot flashes and night sweats**  
**Improve mood and cognition**  
**Improve libido**  
**Maintain ideal weight**

Taking charge of your health and asking for the right kind of testing is important. An accurate and easy salivary hormone and urinary neurotransmitter test can be the first step to helping you look and feel better!

Ask your healthcare provider about Labrix testing today!

## 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 health! 0 = none, 3 = severe

Symptom	0	1	2	3
Hot flashes				
Night sweats				
Fatigue				
Incontinence				
Increased forgetfulness				
Foggy thinking				
Tearful				
Depressed				
Mood swings				
Scalp hair loss				
Weight gain				
Decreased libido				
Vaginal dryness				
Bone loss				

Information Provided By:



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# Managing Menopause





Changes in hormone levels have far reaching effects, and can affect the neurochemicals that influence how we feel. As estrogen levels change, serotonin levels can be affected. As progesterone levels plummet, GABA levels may be altered. Hot flashes, night sweats, libido and more can be associated with changes in these neurotransmitters as well as dopamine, epinephrine and norepinephrine as much as changes in hormone levels.

### What's Happening?

Life expectancy for women has nearly doubled over the last century, reaching an average age over 80. This increase means a woman can expect to live nearly half of her life after menopause.

A natural process for the aging woman, menopause is official when a woman has not had a period for 12 consecutive months, at which time she is considered post-menopausal. For many women, this time of life brings an array of concerns. There are safe and healthful ways to avoid the side effects of menopause, age gracefully and reclaim the vitality of your youth.

The first step is to identify the symptoms:

- Hot flashes/night sweats**
- Sleeplessness**
- Unwanted hair growth**
- Weight gain**
- Cravings**
- Thinning skin**
- Depression/anxiety**
- Cognitive changes**
- Bone loss**
- Libido changes**



### Effect on the Body

Menopause is a gradual process that may take up to 10 years to occur. The years leading up to menopause are known as peri-menopause. During the peri-menopausal years, progesterone levels decline significantly. While estrogen levels change as well, they rarely decline in balance with progesterone levels. This imbalance in the decrease of estrogen and progesterone levels often leads to more estrogen in relation to progesterone and is commonly referred to as “estrogen dominance.”

Estrogen dominance, or progesterone insufficiency, is common during peri-menopause and may contribute to mood changes, hot flashes, memory loss, irritability, menstrual changes and more. Persistent estrogen dominance may be a risk factor for several diseases including estrogen-dependent cancers, osteoporosis, dementia and cardiovascular disease.

During menopause, the androgens testosterone and DHEA can either increase or decrease, resulting in symptoms such as belly fat, scalp hair loss, weight gain, low libido, burn out, and feelings of rapid aging.

Assessing and optimizing cortisol levels is an essential component to a successful transition to menopause. Cortisol levels can shift with sudden or persistent stress. Cortisol levels that are too high or too low may further compound the symptoms associated with menopause.

### Testing Considerations

Neuroendocrine testing and follow-up monitoring are crucial for determining the most effective hormone balancing treatment program. Salivary testing is advantageous over other testing mediums because it allows you to assess your bioavailable hormone levels – what is actually available for use by the body. Because of the complexity of changes to the endocrine system during menopause, hormone testing is imperative to identify proper treatment options.

The **Comprehensive Plus Hormone Panel** is an excellent tool for evaluating hormone function. This panel tests both reproductive (sex) hormones as well as adrenal function. The Comprehensive Plus Hormone Panel will test the following hormones:  
**3 Estrogens: Estrone, Estradiol, Estriol**  
**Progesterone, Testosterone, DHEA**  
**Cortisol - four times throughout the day**

The **NeuroHormone Complete Plus Panel** allows you to evaluate all of the hormones listed above as well as the main neurotransmitters:  
**Serotonin, GABA, Dopamine, Norepinephrine, Epinephrine, Glutamate, Glycine, Histamine, PEA**

Consider adding **melatonin** to any testing panel if insomnia is a concern.