

## **SALIVA TESTING**

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Saliva testing is one method of measuring hormone levels in your body to evaluate for hormone imbalances that can cause symptoms of hot flashes, night sweats, irritability, insomnia, fatigue and weight gain. This method can be used to measure female hormones such as estrogens, progesterone, and testosterone; as well as adrenal hormones such as cortisol and DHEA. Blood tests can also measure these hormone levels; however, many feel that saliva testing may give more reliable information regarding bioactive levels of hormones in your body. As all these hormones are fat soluble rather than water soluble, they act on a cellular in the tissue rather than in the blood. There is no correlation between the levels of hormones in the tissue (saliva testing) and in the blood, and there continues to be some controversy regarding the reliability of blood levels vs. saliva testing for measuring hormone levels in traditional medicine.

Advantages of saliva testing:

1. Measures the unbound, bioactive level of the hormones available. Blood levels measure both the bound and unbound levels of the hormone, so you don't know what fraction of this is available for the body's use.
2. Ease of collection, no needles

You will be given a collection kit in the office to collect your saliva specimens to send to the lab. We request payment in advance for the saliva tests, as we do not bill your insurance for these tests. We are happy to provide you with the appropriate forms if you would like to file your tests with your insurance company for reimbursement.

Instructions:

Follow the instructions included in the test kit that you receive from our office. Please read all of the instructions carefully and follow them exactly. Make sure all of the information on the test requisition is filled out completely.

Only send the specimens via overnight or 2 day mail. If you do not mail the specimen the same day it is collected, then freeze the specimen until you are ready to mail it. Specimens may be mailed in the test kit box, or in an envelope. There is a mailing label included in the test kit.

Test results are usually available in 2-3 weeks. We recommend that you schedule an office consult to review your results and our recommendations when you mail off your saliva specimens.

Price List:

Diagnos-Techs, Inc.

Menopausal Panel (Post M) : \$150  
Includes Estrone, Estradiol, Estriol, Progesterone, DHEA, Testosterone

Adrenal Stress Index (ASI): \$220  
Includes Cortisol, DHEA, DHEA-S, Total Secretory IgA, Gluten Ab, 17-0H progesterone, Insulin

Flexible Test Matrix:

Customized Test Panels

3-5 tests	\$145.00
6-9 tests	\$ 182.00
10-15 tests	\$ 230.00
16-20 tests	\$ 290.00
21-25 tests	\$ 345.00

The most commonly ordered panel is the Flexi-Panel that includes: Estradiol, Estrone, Progesterone, Testosterone, Cortisol x 4, and pooled DHEA/DHEA-SO4. The cost is \$182.00.

However, we can customize a panel specifically tailored to address your concerns and symptoms. We can also test to evaluate for food allergies, including Celiac Disease (allergy to wheat/gluten).

Please let us know if you would like more information on this service.