

Do You Have Symptoms of Hormonal Imbalance?

Physical Symptoms:

- Fatigue
- Low sex drive
- Decreased stamina and/or flexibility
- Loss of strength and/or decreased muscle size
- Increase in body fat
- Bone loss
- Unexplained aches and pains in muscles and joints
- Heart palpitations
- Dizzy spells
- Low blood pressure
- Frequently feeling cold
- Headaches
- Hot Flashes/Night sweats
- Thinning hair and/or eyebrows
- Infertility

Mental Symptoms:

- Apathy/ burned out feeling
- Depression
- Anxiety/ irritability/ nervousness
- Decreased mental sharpness
- Increased forgetfulness
- Feeling "stressed out"
- Poor sleep, insomnia

Men:

- Loss of erectile function
- Decreased strength and/or duration of erection
- Prostate problems
- Decreased urine flow
- Increased urinary urgency
- Early/accelerated hardening of arteries

Women:

- Bleeding changes/heavy or irregular periods
- Tender Breasts
- Vaginal dryness
- Acne
- Increased facial hair
- Uterine fibroids
- Acceleration of appearance of aging
- Ovarian cysts
- Endometriosis
- Infertility

Hormones and Your Health



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Your journey back to wellness





IT'S A QUESTION OF BALANCE

You want to feel vibrantly alive and optimistic about life, but when your hormones are out of balance, you just don't feel right — even when you are eating well, sleeping well, and exercising. Now there is a test that can help you and your doctor balance your hormones for optimal health.

Oxytocin Testing Now Available!

Hormonal Balance is the Key to Health

Your hormonal system is like a symphony playing a complex piece of music. If each hormone isn't playing its part, you might feel off-key, experience an increasing number of symptoms and disorders, and have increased risk for disease. Both men and women can experience hormonal imbalances, which can be caused by either inadequate or excessive hormone production, as well as other factors. Balanced hormones are a key to well-being. If you have tried to treat certain symptoms but you still don't feel well, it might be time to have your hormones tested.

Why a 24-hour Urine Hormone Test?

Hormones are secreted in small "bursts" throughout the day. By collecting urine for a full 24-hour period, this test captures the full range of hormone production and provides a complete hormonal picture.



Other methods, such as a blood draw or saliva sample, only capture hormone circulating in the body at the moment of collection.

A 24-hour Urine Hormone test also looks at hormones that are only available in urine. These hormones provide insight into your risk for developing breast or prostate cancer, osteoporosis, diabetes, heart disease, and other diseases associated with aging.

Oxytocin can be included in any of our 24-hour Urine Hormone profiles. Oxytocin levels rise during sexual pleasure, lactation, and childbirth. Recent research suggests that oxytocin levels may also impact weight-loss, chronic pain, anxiety, PTSD, bone health, cardiovascular health, autism, and other conditions. Ask your healthcare provider about testing your oxytocin levels.



How Does this Test Help My Doctor to Help Me?

With the information that this 24-hour Urine Hormone test provides and with the help of the consulting physicians at Meridian Valley Lab, your doctor can prescribe a safe and customized treatment plan so that you are on your way back to healthy living. Consider using Meridian Valley Lab's unique 24-hour Urine Hormone test to bring balance back to your life.