

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
- 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

Dried Urine Hormone Testing for Optimal Health



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Your journey back to wellness

FINDING YOUR 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.



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 have an increased risk for some diseases. Both men and women can experience hormonal imbalances, which can be caused by too much or too little hormone production, as well as other factors. Balanced hormones are key to feeling well. If you have tried to treat certain symptoms and you still don't feel your best, it might be time to have your hormones tested.

Why is a Dried Urine Hormone test better?

Until now, your healthcare practitioner has had to order more than one kind of hormone test if they wanted to get a full picture of your hormonal health.

This is because some methods are better than others for measuring certain hormones, but getting this full picture could be expensive and invasive. Now, Meridian Valley Lab's dried urine hormone testing combines the benefits of the two most useful methods, 24-hour urine and saliva testing, in one simple test. By collecting four urine samples at specific times of the day, we are able to measure the circadian rhythm of adrenal hormones, which was previously only available with saliva testing. This test also helps your doctor evaluate estrogens, progesterone, testosterone, and DHEA, and also measures break-down products of these hormones, which can only be measured in urine. Collecting urine over the course of a day captures a full range of hormones, while other methods, such as serum or saliva testing only capture a "snapshot" of the basic hormones. The CompletePLUS Dried Urine Hormone panel can also provide your healthcare practitioner with insight into risks for breast or prostate cancer, osteoporosis, insulin resistance, and other conditions associated with aging.

How Does this Test Help My Doctor to Help Me?

The Meridian Valley Lab Dried Urine Hormone Profile provides a comprehensive evaluation of your sex hormones and adrenal hormones.

This allows your doctor to prescribe a safe and customized treatment plan to improve your health and help you feel great again. The consulting physicians at Meridian Valley Lab are always available to help your doctor understand and make the best use of your results.

Evaluating Your Stress Hormones: 4-Point Cortisol & Cortisone

Stress is a normal part of life, and our bodies are designed to handle it in a healthy way. Unfortunately, in our modern world, most of us are exposed to an ever-increasing level of stress that challenges our bodies' abilities to respond. This is the difference between normal stress, which we can deal with comfortably, and stress that threatens our health and our ability to enjoy life.

One of the advantages of the CompletePLUS Dried Urine Profile is the circadian measurement of two adrenal stress hormones: cortisol and cortisone. Because you will be collecting at four specific times throughout the day, your healthcare practitioner will be able to see your cortisol secretion pattern, which may be the cause of symptoms such as poor sleep, anxiety, fatigue, and stress.