



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, exercising, and getting adequate sleep. 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, start encountering a host of symptoms and disorders, and be at risk for disease. Both men and women can experience hormonal imbalance, which can be caused by inadequate or excessive hormone levels and many other factors. Balanced hormones are the 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



hormonal peaks and valleys and provides an accurate assessment of your hormone levels. Other methods, such as a blood draw or saliva sample, only capture hormone levels that circulate in the body at the moment of collection.

A 24-hour Urine Hormone test also looks at hormones that are available only 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.



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. Ask your doctor about Meridian Valley Lab's unique 24-hour Urine Hormone test.

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