



Male Hormone Panel



The Diagnos-Techs™ Male Hormone Panels (MHP and eMHP) use non-invasive saliva testing to evaluate levels of various hormones involved in male reproductive and sexual function. These panels include tests for seven to nine different hormones in order to give a comprehensive picture of male hormonal balance. Information about your hormone levels can be valuable when evaluating for conditions related to infertility, sexual dysfunction, and andropause—an age-related decline in male hormone levels.

The following 7 hormones are evaluated in the Male Hormone Panel (MHP):

Testosterone – This hormone is produced in the testes and is necessary for healthy male reproductive function. Testosterone helps to preserve lean body mass, bone density, cognitive function, red blood cell count, and libido.

DHEA – A hormone produced in the adrenal glands that is a precursor to testosterone and estrogen. Too much or too little DHEA can lead to abnormal levels of these hormones. Supplementation of DHEA is common in hormone replacement therapy.

Androstenedione - Another important reproductive hormone precursor.

Dihydrotestosterone (DHT) – Conversion of testosterone to dihydrotestosterone frequently increases with age. Excess DHT is associated with enlargement of the prostate or benign prostatic hyperplasia (BPH) and male-pattern baldness.

Estrogens (Estrone and Estradiol): Frequently thought of as only “female hormones”, estrogens play an important role in male health as well. Increased estrogen levels in males have been associated with breast enlargement, prostate cancer, fat redistribution and obesity. Lowering estrogen levels can be helpful in treating symptoms of andropause.

Progesterone – Usually progesterone is perceived as a “female hormone” as well, however it is also produced in males and is a precursor to testosterone and estrogens. Elevated progesterone may be due to unintentional exposure and can lead to elevations in other hormones.

The Expanded Male Hormone Panel (eMHP) includes all 7 of the previously mentioned tests with the addition of:

Follicle stimulating hormone (FSH) – FSH is a hormone that stimulates sperm production. It is released from the pituitary gland in the brain.

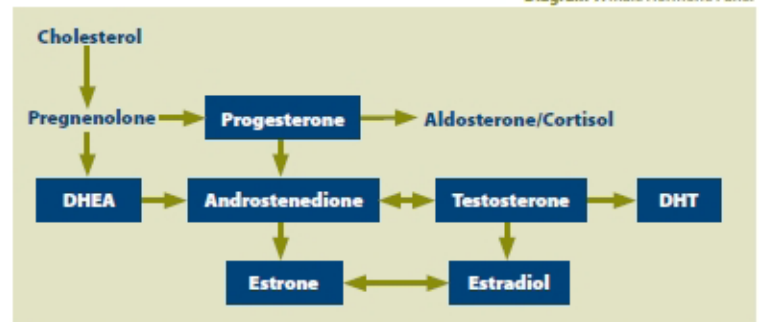
Luteinizing hormone (LH) – LH is another pituitary hormone, which stimulates testosterone production by the testes.

With these two additional tests our Expanded Male Hormone Panel can give more information about the possible underlying cause of many common male hormone problems.

The Male Hormone Panel (MHP) can uncover hormone imbalances and deficiencies that may contribute to:

- Decreased libido
- Erectile dysfunction
- Sleep disorders
- Decreased muscle mass and strength
- General fatigue/ decreased energy
- Irritability and depression
- Hair loss or thinning
- Increased fat accumulation
- Urinary problems such as increased frequency, incomplete emptying, or interrupted stream
- Decreased bone density or osteoporosis
- Increased risk for coronary artery disease or heart attack
- Compromised immune function

Diagram 1: Male Hormone Panel



Using a single saliva sample, the **Male Hormone Panel (MHP)** measures seven hormones.

Why saliva instead of blood?

For hormones to be active, they have to exist in their free state. In blood, most hormones are bound to proteins or red blood cells and are therefore inactive. It can be difficult to determine how much of a hormone measured in serum or blood is free and actually available to your cells. In saliva, however, hormones exist in their free state and are therefore bioavailable.

Convenient, Simple, Thorough

- Collection is non-invasive and painless
- Saliva sample can be conveniently collected from your home, office, or other location
- Seven to nine hormones are evaluated

Why is it important to measure male hormones?

Optimal health is dependent on a balance of hormones, not just a single hormone. Measurements of hormones can be used in two general ways:

- To estimate the body's own hormone production as a baseline test
- To monitor levels of hormones during treatment

Monitoring hormone therapy is necessary in order to reduce the chance of undesirable and potentially serious side effects and to optimize treatment.

Your healthcare provider can use the information gathered from the Male Hormone Panel (MHP), to gain a better understanding of your current hormone levels, and to create a treatment plan that is right for you.

What to Expect

Your healthcare provider will give you a test kit containing the supplies you need to collect your saliva sample. Complete instructions regarding sample collection (along with foods, supplements, and activities to avoid during the test period) are included with your kit. You will need to refrigerate your sample until you are ready to ship it. Then you will package your sample in the box provided, affix the pre-paid mailing label included with your kit (domestic only), and ship the completed kit from your nearest UPS location.



Your healthcare provider will receive your results in approximately 1-2 weeks. This information can then be used to create a customized treatment plan and to determine the next steps in working toward your health goals.

Ask your physician about additional test panels available from Diagnos-Techs:



Adrenal Stress Index Panel



Bone Health Panel



Cycling Female Hormone Panels



Peri and Post Menopause Hormone Panels



Male Hormone Panel



Food Allergy (Sensitivity) Panel



Gastrointestinal Health Panels

For additional patient information, please visit our website at www.diagnostechs.com



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