

3 advantages of saliva hormone testing for women's health



Looking for a simple and non-invasive way to measure women's sex hormones for diagnosing a hormonal imbalance? Saliva testing can provide this at any stage of a woman's life!

A NON-INVASIVE ALTERNATIVE

- Traditional sex hormone testing approaches usually require a blood draw, but saliva testing, with ready-to-go immunoassays, measures the levels of hormones in saliva in both a painless, less stressful, easily repeatable and a needle-free manner.
- Saliva sampling devices made of ultra-pure polypropylene minimize interactions between the device surface and the salivary analyte being measured. This is especially important to achieve accurate results when measuring the very low levels of hormones present in saliva.
- Saliva sample collection can be performed discreetly and painlessly at the patient's convenience— either in the clinic or at home, based on medical advice (professional use).



MEASURES BIOLOGICALLY ACTIVE HORMONES

- Women's hormones are steroids and typically travel in the bloodstream bound to carrier proteins, making them metabolically inactive and unavailable to cells. Only a small amount of free, unbound, bioactive hormone is present in the blood.
- Steroid hormone assessments from saliva allows for the specific determination of the biologically active or "free" fraction of target hormones.
- In addition, immunoassays specially developed and validated for measuring hormones in saliva are highly sensitive and can detect the extremely low levels of bioactive hormones present.



QUICK PROCESSING TIME

- After receiving the saliva samples, diagnostic labs can quickly process the sample, either manually or using an automated instrument.
- Automated workflows make it possible to perform multiple assays and measure more than one analyte at a time, faster, more consistently, and with less risk of error.
- Patients then receive their test results together with a report indicating the normal range for each hormone, as established by the specific laboratory.



4 Female sex hormones that should be tested



Hormones are chemicals secreted by glands which travel through the bloodstream to act on various organs throughout the body. Too much or too little of any female sex hormone can cause a hormonal imbalance, resulting in a variety of symptoms. Based on a physician's recommendations, hormone testing can determine levels of the main female sex hormones: estradiol, estrinol, estrone, and progesterone. The laboratory conducting the test will provide the overall level of each hormone and a normal range for each hormone tested.

ESTRADIOL

This hormone plays an important role in female reproduction. During menstruation, estradiol levels increase, causing the maturation and release of an egg and the thickening of the uterine lining in preparation for implantation of the fertilized egg. Estradiol levels decrease as a woman ages, especially during menopause.



ESTRIOL

Estrinol is a positive, mild-acting form of estrogen. It is measured to aid in the control of hormone replacement therapy in menopausal women.



ESTRONE

It is possible that low estrone levels may be linked to the development of osteoporosis and menopausal symptoms, as these are associated with too little of the estrogen hormone. Higher levels of estrone are found in postmenopausal women.



PROGESTERONE

During the second half of the menstrual cycle, after ovulation, a woman's body produces a temporary gland called the corpus luteum. This gland secretes progesterone, which prepares the uterine lining for the possibility of pregnancy. In the event of pregnancy, progesterone continues to support the blood supply to the uterus. Women who have low levels of progesterone may have abnormal menstrual cycles, difficulty conceiving, or be at increased risk for miscarriage or pre-term delivery.

