

# Patient Information

## Oestrogen Metabolism Test

### **Oestrogen and its different metabolites**

Researchers have found that the body metabolises oestrogen into several different forms. One form, 2-hydroxyestrone (2-OHE1), tends to inhibit cancer growth, while another, 16-alpha-hydroxyestrone (16- $\alpha$ -OHE1), actually encourages tumour development. A woman's 'biochemical individuality' determines how much of each form is produced. Studies have shown that measuring the ratio of these two forms of oestrogen provides an important indication of risk for future development of oestrogen-sensitive cancers (eg breast, uterine, ovarian, cervical).

### **The Oestrogen Metabolism Test**

This test is a measurement of these two important forms of oestrogen. The ratio is determined from a single urine specimen. Studies have shown that women with low 2/16 oestrogen ratios have much higher rates of breast cancer and other oestrogen-sensitive cancers.

### **Is it possible to influence these ratios to be more favourable?**

Your nutritional therapist will advise you of specific dietary and lifestyle changes and may recommend specific supplements and herbs in order to improve your ratio. For example, foods containing indole-3-carbinol can raise the 2/16 oestrogen ratio. This compound is found in cruciferous vegetables, like broccoli, cauliflower, cabbage, and Brussels sprouts. Flax seed, soy isoflavones and the omega-3 essential fats from fish also favourably benefit the 2/16 ratio.

### **Who should take this test?**

Anyone with one or more of the following:

- Family or personal history of breast cancer
- Prolonged use of oral contraceptives
- Synthetic hormone replacement therapy
- Obesity or sedentary lifestyle
- Consumption of two or more alcoholic drinks per day
- Hormonal imbalances suggestive of oestrogen dominance
- PMS symptoms that may be suggestive of altered detoxification by the liver

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### Test Procedure

- The test kit will be posted to your house. The kit should arrive within 7-8 working days, please advise us if you do not receive your kit
- The instructions are detailed so please read carefully before proceeding
- This is a simple urine test using the first morning urine
- Pre-menopausal women should collect the sample between day 19 and 25 of their cycle. Post-menopausal women can collect the sample on any day
- Please follow the instructions for the courier pack provided with the kit. The courier service costs an additional £23. Please do not send samples on a Thursday or Friday to the UK to prevent delivery at the weekend
- Please pay the lab directly enclosing your credit card details. If you would rather pay over the phone, please call the laboratory number when you are dispatching your kit. Have the kit code e.g. END19 to hand.
- The test results will be returned to your nutritionist within 3 weeks of receipt of the samples. Test results will be interpreted by your nutritionist and a protocol tailored accordingly
- Follow-up testing is strongly recommended to ensure that your treatment plan is effective over time.