

## Patient Information

### Female Hormone Profile (Genova Rhythm)

The reproductive system should work in harmony, each hormone dependent on the other and all working together as a whole system. Any imbalance in any part of this process will affect the production of hormones and with it the chances of conceiving or staying pregnant once fertilisation has occurred. Hormone imbalance is also connected with menstrual issues such as PMS, irregular periods, painful periods or heavy bleeding amongst others.

In order to chart the changing levels of oestrogen and progesterone (the two most important female hormones in determining the characteristics of the menstrual cycle), a test is available which is simple to use. All you need to do is to collect twelve saliva samples throughout one month. At the end of the month all samples are sent to the laboratory for analysis.

A chart will be provided covering the complete menstrual cycle which can be used in order to normalise the cycle where possible and improve the management of adverse symptoms.

#### Who should take this test?

The test may be beneficial to women with the following conditions:

- Suspected fertility problems
- Pre-menstrual symptoms
- Irregular, painful or prolonged periods
- Low libido
- Headaches associated with menstrual cycle

#### Test Instructions

- 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.
- The samples are collected over one menstrual cycle so you will need to wait until your next cycle begins.
- If you have very irregular cycles, you can still use this test. The test takes 12 samples spread as evenly as possible over the cycle so as to obtain the hormonal pattern. The test instructions will include steps on how to modify the sample times for irregular periods.
- You should not take this test if you are taking any hormonal medication e.g. the Pill, HRT or herbs that might modify hormonal balance.
- 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. END10 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.