

# Understanding Your Test Results

Your test results are a comprehensive review of your tested levels in correlation with reported symptoms, hormone usage (if applicable) and menstrual history in women. Each test result is individually reviewed to produce a complete report with descriptive comments added by licensed physicians on staff. We recommend that your test report be discussed with your health care provider. Your report consists of four detailed pages:

## Page One:

- ▶ List of tests performed and results classified as Low (L), High (H), or Ok
- ▶ Current Therapies, Testosterone vs. age Graph, DHEA-S Graph, and Cortisol graph (if applicable).

## Page Two:

- ▶ ZRT Laboratory Reference Ranges for the tests included in the report. Reference ranges are observed ranges based on collected laboratory data. Supplement type and dosage, where shown, are for health care provider information and are not recommendations for treatment.

## Page Three:


- ▶ Bar graph of patient-reported symptoms grouped according to associated category of imbalance (not applicable if symptoms are not reported).

## Page Four:

- ▶ Individualized comments which correlate lab results, symptoms and hormone usage (if applicable).


## TEST RESULTS - PAGE ONE

Test Results



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**2012 07 09 001 SB** Samples Arrived: 07/09/2012

 Date Closed: 07/12/2012

Samples Collected: Saliva: 07/04/12 09:00  
 Saliva: 07/04/12 13:30  
 Saliva: 07/04/12 18:30  
 Saliva: 07/04/12 22:00  
 Blood Spot: 07/05/12 06:30

ZRT Laboratory

Mary Hysterectomy

Menses Status: Hysterectomy (ovaries removed)  
Gender: Female

Last Menses: Unspecified  
DOB: 2/25/1967 (45 yrs)

Patient Ph#: 555 555 5555

BMI: 25.8  
Height: 68 in  
Weight: 170 lb  
Waist: 34 in

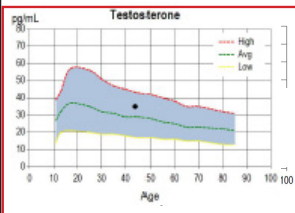
Test Name	04/09/2011	Current	Units	Range
Estradiol (saliva)	<0.5 (1) L	1.5 (2)	pg/mL	(1) 0.5-1.7 Postmenopausal (optimal 1.3-1.7) (2) 0.8-12 Estrogen Replacement (optimal 1.3-3.3)
Progesterone (saliva)	10 (1) L	100 (2)	pg/mL	(1) 12-100 Postmenopausal (2) 30-300 Oral Progesterone (100-300 mg)
Ratio: Pg/E2 (saliva)	25 L	67 L	L	Optimal: 100-500 when E2 1.3-3.3 pg/mL
Testosterone (saliva)	5 L	35	pg/mL	16-55 (Age Dependent)
DHEAS (saliva)	2.2	8.2	ng/mL	2-23 (Age Dependent)
Cortisol (saliva)	3.5 L	7.2	ng/mL	3.7-9.5 (morning)
Cortisol (saliva)	1.2	2.8	ng/mL	1.2-3.0 (noon)
Cortisol (saliva)	0.3 (1) L	1.4 (2)	ng/mL	(1) 0.4-1.0 (night) (2) 0.6-1.9 (evening)
Cortisol (saliva)	0.3 L	0.7	ng/mL	0.4-1.0 (night)
Free T4 (blood spot)	0.9	1.2	ng/dL	0.7-2.5
Free T3 (blood spot)	2.2 L	2.5	pg/mL	2.5-6.5
TSH (blood spot)	6 H	1.3	µU/mL	0.5-3.0
TPO (blood spot)*	350 H	100	IU/mL	0-150 (70-150 borderline)

\*For research purposes only.

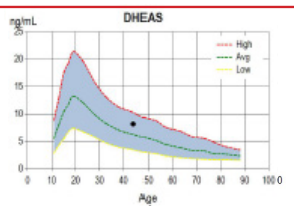
**Therapies**

07/04/2012: 15mg oral DHEA (compounded) (1 Days Last used); 200mg oral Progesterone (compounded) (1 Days Last used); 0.1mg oral Synthroid (T4) (Pharmaceutical) (1 Days Last used); 0.25mg topical Testosterone (compounded) (1 Days Last used); 0.05mg transdermal (Patch) Vivelle (estradiol) (Pharmaceutical) (1 Days Last used)

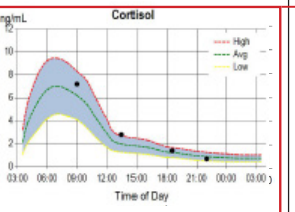
04/09/2011: None



Testosterone




DHEAS



Cortisol

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

  
 David T. Zava, Ph.D.  
 (Laboratory Director)

CLIA Lic # 38D0960950  
Composed by: 1163726587 at 12/11/2013 11:46:43 AM

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Hormones/markers tested

Tested levels - L indicates low, H indicates high

NOTE: With follow-up testing, report will show previous and current test results in dated columns to allow before and after comparisons and tracking of progress (if applicable).

Ranges - normal/expected range of each hormone/marker

NOTE: Numbers in parentheses correlate to optimal range

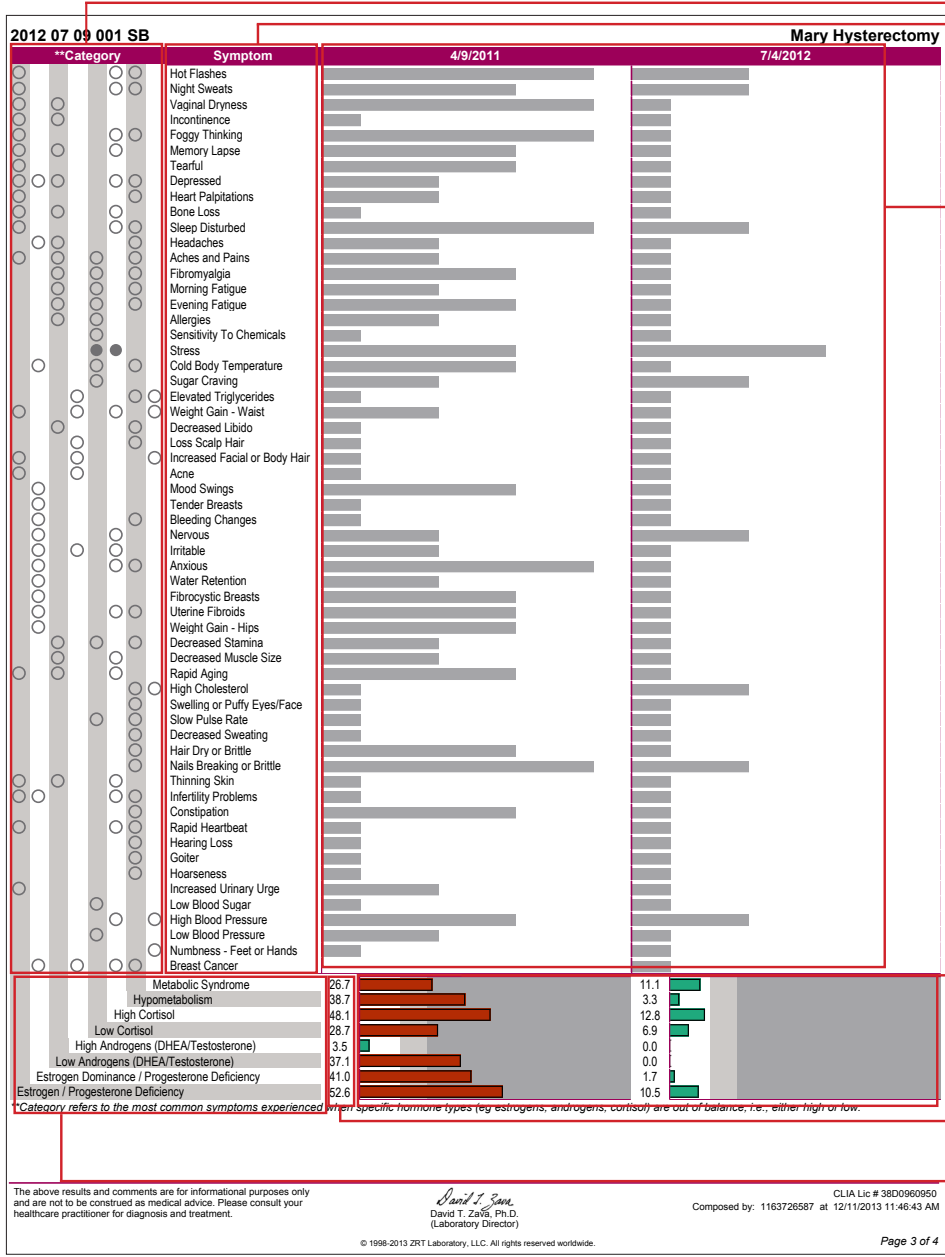
Patient provided supplementation information (hormone, dose, delivery, timing)

Graph of levels by age or time as a visual aid to above results and interpretation

## TEST RESULTS - PAGE TWO (not pictured) ZRT Laboratory Reference Ranges

Reference ranges are observed ranges based on collected laboratory data. Supplement type and dosage, where included, are for health care provider information and are not recommendations for treatment.

**TEST RESULTS - PAGE THREE**



Severity of symptoms - clear circles indicate mild symptoms; solid circles indicate either moderate or severe symptoms - follow down to category of imbalance

Most common symptoms of imbalance

Gray bars show intensity of self reported symptoms

Color coded summation of symptoms; GREEN = not problematic, YELLOW = mildly problematic, RED = very problematic

Symptom weighting; 0-15% = not problematic; 15-25% = mildly problematic; > 25% = very problematic

Categories of imbalance

**TEST RESULTS - PAGE FOUR (not pictured)**

The Comments page is a thorough explanation which provides a better understanding of tested levels in relation to intensity of self-reported symptoms (mild, moderate, severe), menstrual history in women, and supplementation at the time of testing. The self-reported symptoms do not influence lab results, but are included in the individualized comments as they relate back to lab results.

In the event that cortisol levels (high or low) differ on the bar graph of your test report than on page one, this is indicative of the weighted value of self-reported symptoms.

Please refer to our web site [www.zrtlab.com](http://www.zrtlab.com) for a glossary of terms. The FAQs on our website answer a range of questions pertaining to issues, sample collection, testing, and other important topics of interest.

We recommend following physician guidance to correct and monitor imbalances identified through testing. Many different medical disciplines are familiar with Saliva, Dried Blood Spot, and Dried Urine testing and may use a variety of therapies to restore normal levels. Working with a health care provider with training and experience is often necessary in restoring optimal levels.