

The clinical value of the DUTCH Test comprehensive hormone panel



Hi, I'm Dr. Sodano, the director of clinical support and education at Evexia Diagnostics. Today I'll be talking about the Dried Urine Test for Comprehensive Hormones or DUTCH for short.

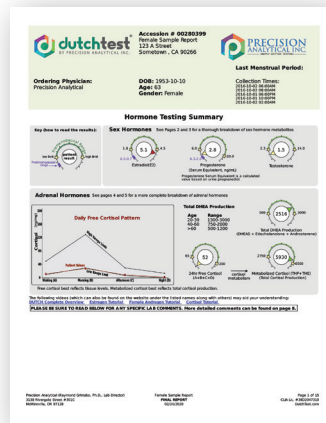


As you know, hormones are chemical messengers that control many different physiological functions of the body, some of which include metabolism, growth, and development, sexual and reproductive function, sleep-wake cycle, and mood.

A hormonal imbalance happens when the body makes too much or too little of one or more hormones and is associated with dozens of medical conditions such as irregular menstruation, amenorrhea, infertility, adult acne, thyroid disease, polycystic ovary syndrome, erectile dysfunction, gynecomastia, loss of muscle mass and decreased libido.

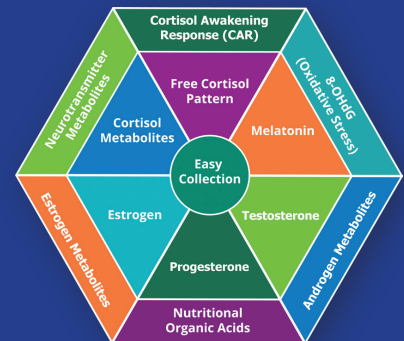
There are many causes of hormone imbalances such as emotional distress, medications, autoimmune conditions, surgery or damage to the endocrine gland, tumors, bacterial and viral infections, radiation therapy, and head trauma to name a few.

From a functional lab testing perspective, it's important to know that saliva, blood, and 24-hour urine testing each have pieces of information relating to reproductive and adrenal hormones, but certain analytes may be missing such as the precursors and the downstream metabolites of hormones. This additional information can provide actionable clinical insights for the management of hormone imbalance.



DUTCH TEST EVALUATES FOR

- Basic hormones
- Estrogen metabolites
- Progesterone metabolites
- Androgen metabolites
- Free cortisol and cortisol metabolites with daily free cortisol patterns, which provides insight into adrenal insufficiency or symptoms of chronic stress
- Melatonin via a urinary metabolite called 6-hydroxymelatonin sulfate



- And a range of organic acids that assess oxidative stress and the potential for neurotransmitter dysregulation. For example the oxidative stress marker 8-Hydroxy-2-deoxyguanosine (8-OHdG) and six organic acid tests including markers for vitamin B12, vitamin B6, kynurenate, glutathione, dopamine, norepinephrine and epinephrine.

Learn more about the DUTCH Test by [clicking here](#).

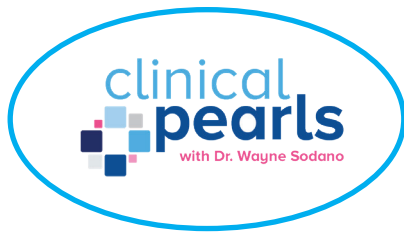
Learn more about the Evexia Nutraceuticals by [clicking here](#).

To learn more about Evexia Diagnostics scan the QR Code.

Phone: 888-852-2723 | EVEXIADIAGNOSTICS.COM



SCAN ME



The clinical value of the DUTCH Test comprehensive hormone panel

THERE ARE SEVERAL DUTCH TESTS AVAILABLE, SOME OF WHICH INCLUDE:

- The DUTCH Complete
- DUTCH Cycle Mapping
- DUTCH Adrenal Only
- DUTCH Plus and
- And the DUTCH Complete (with cortisol awakening response)

THE DUTCH CYCLE MAPPING IS RECOMMENDED FOR

- Women struggling with infertility
- Women with cycling hormones and no menses
- Partial hysterectomy (ovaries intact but no uterus)
- Ablations
- Mirena IUD (no actual menstrual bleeding due to IUD but still has hormonal symptoms)
- Women with irregular cycles
- PCOS
- If the luteal phase shifts month-to-month
- Unsure when to test due to long or short cycles
- Women whose hormonal symptoms tend to fluctuate throughout the cycle and
- Women suffering PMS, mid-cycle spotting, and migraines



THE DUTCH COMPLETE IS TYPICALLY ORDERED FOR

- Postmenopausal women
- Women on birth control
- Women with cycles following the expected pattern
- Men



Here are some Evexia Nutraceuticals™ recommendations related to hormone balance for your patients:

LIBIDOSUPPORT – Female: LibidoSupport - Female contains a blend of nutraceutical and herbal ingredients designed to promote healthy female sexual desire and pleasure. This synergistic product aims to help optimize hormone balance, blood flow, and adrenal function. Ingredients in this formula provide subtle and safe support to the body’s natural ability to regulate and balance the hormones estrogen, progesterone and even testosterone.

BALANCE DIM – Balance DIM provides 100 mg of DIM (Diindolylmethane) - a type of compound known as a ‘plant indole.’ Plant indoles are found in cruciferous vegetables such as broccoli, cabbage and cauliflower and are among the nutrients that give these vegetables their well-known healthful properties. The primary plant indole found in cruciferous vegetables is known as Indole 3 Carbinol (I3C), which converts to DIM in the body. I3C and DIM have been studied for their health-promoting benefits when used as supplements. While both may help support healthy estrogen metabolism, DIM may be a better option as it does not produce the unwanted side effects of I3C (including possible nausea and equilibrium issues).

PROBALANCE FOR WOMEN – ProBalance for Women is a comprehensive blend of vitamins, minerals, and botanical extracts designed to support healthy female hormone levels, both during menstruation and through menopause. Imbalances in hormones — most commonly, excess estrogen variants and/or reduced progesterone levels — can be responsible for the physical discomfort and mood changes occasionally associated with PMS, including cramping, breast tenderness, water retention, and mild depression.

Learn more about the DUTCH Test by [clicking here](#).

Learn more about the Evexia Nutraceuticals by [clicking here](#).

To learn more about Evexia Diagnostics scan the QR Code.

Phone: 888-852-2723 | EVEXIADIAGNOSTICS.COM



SCAN ME