

TEST REPORT

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2018 08 15 111 B

Ordering Provider:

Getuwell Clinic

Samples Received

08/15/2018

Report Date

08/20/2018

Samples Collected

Blood Spot – 08/12/2018 10:05

Patient Name: Male Blood Profile I

Patient Phone Number: 555 555 5555

Gender	Height	Waist	Basal Body Temperature
Male	5 ft 7 in	31 in	96.5°
DOB	Weight	BMI	
11/29/1983 (34 yrs)	160 lb	25.1	

TEST NAME	RESULTS 08/12/2018	RANGE
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Blood Spot Steroids (LC-MS/MS) & Other Analytes

Estradiol		14-32 pg/mL
Testosterone		324-905 ng/dL (Age Dependent)
SHBG		15-50 nmol/L
Ratio: T/SHBG		0.5-2.1
DHEAS		26-342 µg/dL
PSA		<4 ng/mL (optimal 0.5-2)
Cortisol		9.1-19.6 µg/dL (morning), 3.3-8.9 (eve/night)

<dl = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low.

Therapies

None Indicated

Disclaimer: Supplement type and dosage are for informational purposes only and are not recommendations for treatment. For a complete listing of reference ranges, go to www.zrtlab.com/reference-ranges.

TEST NAME	MEN
Blood Spot Steroids (LC-MS/MS) & Other Analytes	
Estradiol	14-32 pg/mL
Testosterone	324-905 ng/dL (Age Dependent); 521-5137 ng/dL TRT
SHBG	15-50 nmol/L
Ratio: T/SHBG	0.5-2.1
DHEAS	26-342 µg/dL
PSA	<4 ng/mL (optimal 0.5-2)
Cortisol	9.1-19.6 µg/dL (morning), 3.3-8.9 (eve/night); 3.3-8.9 µg/dL (eve/night)

TEST REPORT | Patient Reported Symptoms

Male Blood Profile I
2018 08 15 111 B

Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category.
For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

SYMPTOM CATEGORIES		RESULTS 08/12/2018	
Estrogen / Progesterone Deficiency	14%	<div><div></div></div>	
Estrogen Dominance / Progesterone Deficiency	3%	<div><div></div></div>	
Low Androgens (DHEA/Testosterone)	14%	<div><div></div></div>	
High Androgens (DHEA/Testosterone)	25%	<div><div></div></div>	
Low Cortisol	24%	<div><div></div></div>	
High Cortisol	17%	<div><div></div></div>	
Hypometabolism	21%	<div><div></div></div>	
Metabolic Syndrome	6%	<div><div></div></div>	

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Acne	<div><div></div></div>		
ADD/ADHD	<div><div></div></div>		
Addictive Behaviors	<div><div></div></div>		
Aggressive Behavior	<div><div></div></div>		
Allergies	<div><div></div></div>		
Anxious	<div><div></div></div>		
Apathy	<div><div></div></div>		
Autism Spectrum Disorder	<div><div></div></div>		
Blood Pressure High	<div><div></div></div>		
Blood Pressure Low	<div><div></div></div>		
Blood Sugar Low	<div><div></div></div>		
Body Temperature Cold	<div><div></div></div>		
Bone Loss	<div><div></div></div>		
Burned Out Feeling	<div><div></div></div>		
Chemical Sensitivity	<div><div></div></div>		
Cholesterol High	<div><div></div></div>		
Constipation	<div><div></div></div>		
Depressed	<div><div></div></div>		
Developmental Delays	<div><div></div></div>		
Dizzy Spells	<div><div></div></div>		
Eating Disorders	<div><div></div></div>		
Erections Decreased	<div><div></div></div>		
Fatigue - Evening	<div><div></div></div>		
Fatigue - Mental	<div><div></div></div>		
Fatigue - Morning	<div><div></div></div>		
Flexibility Decreased	<div><div></div></div>		
Forgetfulness	<div><div></div></div>		
Goiter	<div><div></div></div>		
Hair - Dry or Brittle	<div><div></div></div>		
Hair or Skin Oily	<div><div></div></div>		
Headaches	<div><div></div></div>		
Hearing Loss	<div><div></div></div>		
Heart Palpitations	<div><div></div></div>		
Hoarseness	<div><div></div></div>		
Hot Flashes	<div><div></div></div>		
Infertility	<div><div></div></div>		
Irritable	<div><div></div></div>		
Joint Pain	<div><div></div></div>		
Libido Decreased	<div><div></div></div>		
Mania	<div><div></div></div>		

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Mental Sharpness Decreased			
Muscle Size Decreased			
Muscle Soreness			
Nails Breaking or Brittle			
Neck or Back Pain			
Nervous			
Night Sweats			
Numbness - Feet or Hands			
OCD			
Panic Attacks			
Prostate Cancer			
Prostate Problems			
Pulse Rate Slow			
Rapid Aging			
Rapid Heartbeat			
Ringing In Ears			
Skin Thinning			
Sleeping Difficulty			
Stamina Decreased			
Stress			
Sugar Cravings			
Sweating Decreased			
Swelling or Puffy Eyes/Face			
Triglycerides Elevated			
Urinary Urge Increased			
Urine Flow Decreased			
Weight Gain - Breast or Hips			
Weight Gain - Waist			

Lab Comments

Estradiol (blood spot) is within observed range for a male.

Testosterone (blood spot) is within normal range and symptoms of androgen excess and deficiency are minimal. The testosterone in the blood spot assay represents the level in whole blood (includes all blood cells that also carry hormones to target tissues), which is very similar to serum or plasma levels in patients not supplementing with testosterone.

SHBG (Sex Hormone Binding Globulin) is high, strongly suggesting exposure to a high level of estrogens. SHBG is a protein synthesized by the liver in response to estrogen exposure. All forms of estrogens (endogenous, phytoestrogens, and xeno estrogens) will increase liver production of SHBG. Hepatic induction of SHBG by estrogens is inhibited by testosterone, high insulin from insulin resistance, and low thyroid (hypothyroidism). Phytoestrogens found in many foods, spices, and herbs as well as xenoestrogens derived from petrochemical pollutants induce hepatic production of SHBG but are not detected with the immunoassays for the endogenous estrogens (estradiol, estrone, or estriol); therefore, a high SHBG in the absence of a high level of endogenous estrogens suggests exposure to other exogenous estrogens. Testing for estradiol and estrone in saliva is recommended.

DHEAS (blood spot) is within high-normal range. DHEAS is highest during the late teens to early twenties and then declines progressively with age to the lower levels of the range in healthy men and women. DHEAS is expected to be within the lower range in older individuals. Higher DHEAS levels in individuals older than 40 is usually associated with DHEA supplementation, but is not uncommon in well trained athletes. High DHEAS can be associated with symptoms of androgen excess (e.g. loss of scalp hair, increased facial/ body hair, acne).

PSA (Prostate Specific Antigen) is within normal range.

Morning cortisol (blood spot) is within mid-range. If symptoms of adrenal imbalance are problematic consider testing cortisol in saliva 4x throughout the day to determine if levels remain within normal range. If salivary cortisol levels drop following the morning sample this suggests low adrenal reserve and need for adrenal support.