NutriPATH
INTEGRATIVE PATHOLOGY SERVICES
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SAMPLE REPORT
09-May-1990 Female

16 HARKER STREET
BURWOOD VIC 3125

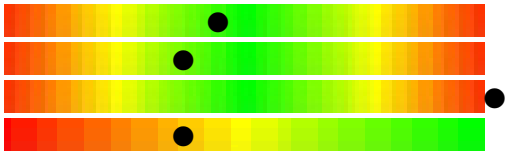
Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125

LAB ID : 3814082
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022

3814082

ENDOCRINOLOGY URINE

URINE, 24 HOUR	Result	Range	Units
Total Volume	2000	693 - 3741	mL
2-OH E1 (Protective Metabolite)	13.80	3.80 - 38.10	ug/24h
16-OH E1 (Proliferative Metabolite)	*10.60* *H	2.10 - 7.90	ug/24h
2/16-OH E1 Ratio (Anti-Prolif'tive Index)	*1.30* *L	> 2.00	RATIO



Estrone Metabolites Comments

PLEASE NOTE NEW REFERENCE RANGES:

URINE 2OH-E1 METABOLITE COMMENT:
These estrogens have been named "good estrogen" and by some authors are thought to be cancer protective estrogens.
Their role and impact in males has not been adequately researched or published. Most of the research has been done relative to women's breast cancer.

URINE 16a(OH)-E1 METABOLITES:
High/Elevated levels of 16aOH-E1 have been associated with an increase risk in breast cancer. 16aOH-E1 is the immediate precursor to the weak estrogen, estriol (E3).
Lowering levels of 16aOH-E1 have been achieved via indole-3-carbinol or one of its metabolites, di-indol methane (DIM). Soy and flax meal have also been shown to lower 16aOH-E1 levels.
Postmenopausal women with high levels of 16aOH-E1 may want to forego estradiol and estrone therapy in favour of E3 and progesterone.
Please also note that 16aOH-E1 is important for maintaining bone mineral density.

2(OH):16a(OH)-E1 METABOLITE RATIO

Target Range:
Ratio > 2.0 Beneficial
Ratio < 2.0 Increased risk of Breast Cancer

Patients with a ratio less than 2.0 may benefit from a modification in diet and lifestyle.
The supplementation of the diet with phytoestrogens may further improve the ratio.
A high protein, low fat diet rich in dietary sources of indole-3-carbinol may also improve the 2/16 ratio. Diindolylmethane (DIM) has also been shown to improve the 2/16 ratio.

Tests ordered: UCR,U216 OH

(*) Result outside normal reference range (H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range