

## Weight Hormone Profile Frequently Asked Questions

### 1. What is the connection between hormone and weight?

Hormones are the key players in regulating weight, metabolism, blood sugar, insulin, as well as the time and location the body stores fat. As we age, shifting hormones trigger numerous symptoms of imbalance, which includes unexplained weight gain.

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### 2. How does Weight Hormone Profile help me?

By measuring the isolate specific imbalances of hormones, to identify hormonal imbalances associated with weight gain and obesity. This also detects symptoms related to insulin resistance, metabolic syndrome and diabetes. More importantly, the test facilitates health professionals to draft and implement treatment for you in order to correct hormonal imbalances to proactive weight control, and to lower the associated risks for cardiometabolic disease and diabetes.

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### 3. Who benefits from this test?

Menopausal women or andropausal men with unexplained weight gain, obesity, abdominal fat, high BMI, or hypometabolism. Anyone who are experiencing loss of lean muscle, increased appetite and/or sugar cravings, chronic stress or low thyroid symptoms.

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### 4. What is tested in this profile?

**Saliva:** Estradiol (E2), Progesterone (Pg), Testosterone (T), DHEAS (DS), Cortisol (C)

**Blood Spot:** Thyroid Stimulating Hormone (TSH), Vitamin D (D2 & 3), Fasting Insulin (In), and Haemoglobin A1c (HbA1c)

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### 5. When should I collect the saliva sample?

For all test patient, collect a total of 4 saliva samples at the following appointed time any day of the month.

- **1st sample** – Upon waking (Large tube)
- **2nd sample** – Before lunch (Small tube)
- **3rd sample** – Before dinner (Small tube)
- **4th sample** – Before bed (Small tube)

Saliva collection: <https://www.youtube.com/watch?v=D3z5Q0fSTYQ&t=161s>

- Do not eat, drink (except water) or brush your teeth prior to your first sampling collection of the day and for the 2 hours prior to collecting throughout the day
- Rinse your mouth with cool water 5 minutes before sampling. Fill the saliva tube to at least half full, bubbles do not count.

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## 6. When should I collect the blood sample?

### Children, Men & Non-menstruating women

Collect **1 blood spot card (12 blood spots)** within 1 hour of waking any day of the month.

### Menstruating women

Collect **1 blood spot card (12 blood spots)** within 1 hour of waking any day of the month at the appointed date upon your cycle.

- If you have regular cycles, collect blood spots within 1 hour of waking on either day 19, 20 or 21 of the menstruating cycle (Day 1 = First day of your period)
- If you have irregular cycles, collect blood spots 5 days before the start day of your period if you know
- If your period is unpredictable, collect blood spots any day that you are NOT bleeding

Blood spot collection: <https://www.youtube.com/watch?v=FETopPm8XG0&t=99s>

- Ensure each spot only fill with a single drop of blood only, dry at room temperature for at least 3 hours or until fully dried.

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## 7. Is there any preparation prior to collecting sample?

- Avoid anti-aging or anti-wrinkle facial creams for 3 days prior to testing as they may contain undisclosed hormones
- Fasting is recommended 10-12 hours overnight before collecting sample in the morning

## 8. Is there any restriction on hormone or drug use prior to collecting sample?

- Topical & Oral
    - Continue the use of hormones as prescribed the day before testing. Make sure any night dosage is applied at least 12 hours before planned morning collection.
    - DO NOT use bare hands for topical hormone application for at least 2 days prior to collection (Apply hormone using gloves or another applicator)
    - Avoid using hormones on the face, lips and neck.
    - Change sheets pillow case and hand towels the night before collecting
    - Avoid touching bathroom surfaces which may be contaminated with traces of hormones.
  - Patches, Vaginal Rings, Pellets or Injectables
    - Test half-way between doses. For example, collect 3 days after a once-a-week patch, or 2 weeks after a once-a-month injection.
  - 7-Keto DHEA
    - Avoid for 3 days prior to collecting, continue taking regular DHEA as prescribed.
  - Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)
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## 9. What if I have difficulties in collecting saliva sample?

You may smell food, yawning or pressing the tip of your tongue against your teeth to help with saliva flow.

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## 10. What should I do if I mistakenly collecting saliva?

Rinse the collection tube out with hot water (no soap), shake out the remaining water and air dry to recollect.

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## 11. What should I do if I am not able to submit the sample within 24 hours after collection?

Don't worry, you just have to freeze the saliva sample and leave the dried blood spot card at room temperature until submission.

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## 12. What is the flow of testing?

After purchasing the test, we would deliver a test kit to your address. You could then follow the instructions within to collect your samples. After that, place the samples back to the kit and return to us. We would then proceed to send to the US for analysis.

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## 13. What are the advantages of saliva and dried blood spot sample?

Saliva:

- Convenient sample collection at home
- Easy shipment back to the lab for analysis
- Samples stable at room temperature for several weeks

Dried blood spot:

- Convenient sample collection at home
  - Easy shipment back to the lab for analysis
  - Samples stable at room temperature for several weeks
  - Excellent correlation with serum and plasma assays
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## 14. When will I receive the test report?

You will receive the test report within 3 weeks. (Including shipment and analysis)

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**Source of lab test provider: HK BioTek**