

### Estrogen Metabolites - EstroGeniX™

For the **1st time in Greece**, we now have the possibility to measure the Estrogenic Metabolites 2-OHE1 (2-Hydroxy-Estrone) and 16α-OHE1 (16-Hydroxy-Estrone) in urine. It is now well documented that the Estrogen Metabolite Ratio (EMR) is an important risk indicator for the occurrence of certain hormone-dependent diseases such as breast, cervical and endometrial cancer as well as prostate cancer. The ratio of estrogenic metabolites is even related to diseases such as osteoporosis, cardiovascular, autoimmune diseases, and aging. Maintaining the balance in favor of 2-hydroxy-estrogens helps maintain optimal levels of health.

### Reverse T3

Reverse T3 is an inactive, isomeric molecule of the T3 hormone, which is not directly secreted by the thyroid gland, but is formed in peripheral tissues by the conversion of T4. Reverse T3 has no hormone action, however, it binds to the same receptors thus preventing the normal action of T3. Its measurement is important in conditions such as **euthyroid sick syndrome**, in which the patient shows symptoms of hypothyroidism with normal values of T3 and T4 hormones. The ratio of Free T3 / Reverse T3 is for many researchers the most reliable estimate of the functioning state of thyroid hormones at the cellular level.

### Other HormoneScan® tests

HormoneScan® also includes selected tests for Menopause Comprehensive Profile (MenoScan®), Thyroid Extended Profile as well as other blood and urine diagnostic tests to check the function of all glands of the endocrine system, and pathological conditions such as male and female infertility, sexual dysfunction and andropause, obesity, osteoporosis, and others.

## How is it performed?

HormoneScan® is easy to perform and can be done:

By appointment at Diagnostiki Athinon.  
Book your appointment in real-time and purchase the test online at [eshop.athenslab.gr](http://eshop.athenslab.gr)

By sending a sample collection kit via courier.  
Purchase the test online at [eshop.athenslab.gr](http://eshop.athenslab.gr)

Addressed to our partners throughout Greece

## We find the causes. You choose the solutions!

Diagnostiki Athinon is a laboratory  
certified with **ISO 9001:2015**



## DIAGNOSTIKI ATHINON

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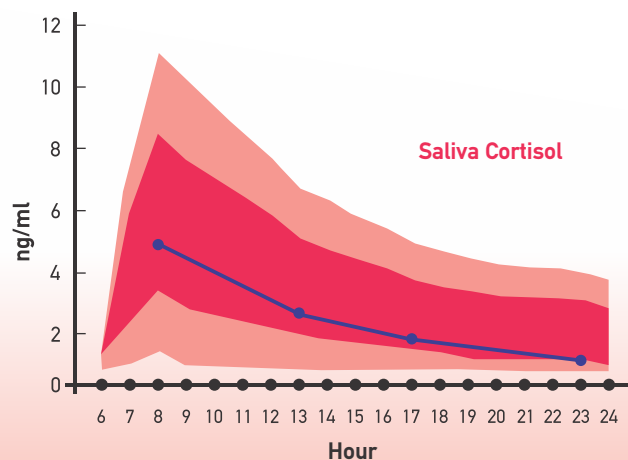
### COMPREHENSIVE HORMONE TESTING

For the first time in Greece,  
hormonal testing from saliva samples

## Adrenal Function Test - AdrenalScan®

The main role of the adrenal glands is to help the body adapt to stressful situations from any possible cause such as injuries and pathological conditions to stress caused by work and personal relationships. The Adrenal Function Test - AdrenalScan® is done in saliva and assesses the main stress hormones produced by the adrenal glands, cortisol, and DHEA-S. The test allows the identification of imbalances in the production of adrenal hormones and, on the other hand, the evaluation of the daily functioning of the adrenal glands. AdrenalScan® can help identify the underlying causes of many chronic diseases and clinical disorders, including:

- Fatigue and reduced energy
- Sleep disorders
- Mood disorders and depression
- Inability to concentrate
- Immune function disorders
- Disturbance in thyroid functions
- Inability to control body weight
- Osteopenia and osteoporosis
- Muscle destruction
- Premature aging



## What are the advantages to measure the hormones in saliva?

HormoneScan® includes laboratory tests to check hormones and endocrine glands in men and women. Measurements of hormones are performed in blood and urine and in addition, **for the first time in Greece, we use the very convenient and painless measurement of biologically active hormones in saliva (SialoScan)®.**

- The levels of hormones measured in saliva are the non-protein bound (free) and therefore the actual **bioavailable fractions** of the hormones
- Levels of bioavailable hormones measured in saliva are those related to the **underlying symptoms**
- Collection of saliva samples is **easy**, done at home, and does not cause additional stress like blood collection
- The sample can be taken easily during any day and any time of the day, so that the **circadian (daily) rhythm** of the hormones and the way they are secreted during days or after certain events (e.g., after exercise) can be analyzed

Take a HormoneScan® test.  
Don't let hormones get  
the best of you

## Menstrual Cycle Comprehensive Profile - CycloScan®

Sex hormones fluctuate during the menstrual cycle as well as during different phases in a woman's life. The Menstrual Cycle Comprehensive Profile - CycloScan® allows us to measure the hormones estradiol, progesterone, testosterone, and DHEA-S during the entire menstrual cycle (28 days), thus allowing the identification of possible imbalances in the production of the hormones of the female reproductive cycle. Samples are collected on specific days without leaving your home, simply by collecting some saliva. CycloScan® can help identify the underlying causes of many chronic gynecological and fertility disorders and is extremely useful in investigating conditions such as:

- Pre-menstrual syndrome
- Infertility
- Polycystic ovaries
- Heavy bleeding
- Endometriosis
- Osteoporosis
- Mood and sleep disorders
- Appetite disorders
- Libido disorders

