

Now You Can With a Simple Urine Test!

A test to determine if you might be at risk...

and a plan to reduce that risk.

An estimated 182,460 new cases of invasive breast cancer are expected to occur among women in the United States during 2008.

— Susan G. Komen Foundation, *Statistics*, 2008

The following may contribute to your risk of developing estrogen-sensitive cancers, including breast, cervical, and head and neck cancers.

- Prolonged use of oral contraceptives (5 years +)
- Synthetic hormone replacement therapy
- Family history of breast cancer
- Obesity or sedentary lifestyle
- Consumption of 2 or more alcoholic drinks per day
- Getting older
- Never having children, or having your first child after 35
- Having high breast density on a mammogram
- High bone density
- Being exposed to large amounts of radiation

This information is provided by your healthcare practitioner:

Every Woman Should Know Her Risk for Breast Cancer...



Metametrix[®]
Clinical Laboratory
quality • innovation • educationSM

Metametrix[®]
Clinical Laboratory
800.221.4640
www.metametrix.com

EstronexSM

A stylized female symbol (a vertical line with a horizontal crossbar) is positioned below the word "Estronex". The symbol is decorated with a pink flower-like pattern of loops and swirls.



Why are some women susceptible, but not others?

Researchers at Rockefeller University have found that the body metabolizes estrogens into several different forms that can impact cancer development. One form, 2-hydroxyestrone (2-OHE1), tends to inhibit cancer growth. Another, 16- α -hydroxyestrone (16- α -OHE1), actually encourages tumor development. A woman's "biochemical individuality" determines how much of each form is produced. Studies have shown that measuring the ratio of these two forms of estrogen provides an important indication of future risk for development of breast cancer. *The studies also show that this risk can be modified!*

What is the EstronexSM 2/16 Test?

The Estronex 2/16 Test is a measurement of these two important forms of estrogen: 2-OHE1 (the "good" estrogen) and 16- α -OHE1 (the "bad" estrogen). The ratio of "good to bad estrogen" is determined from a single urine specimen. Studies have shown that women with low Estronex 2/16 ratios have much higher rates of breast cancer. Low Estronex 2/16 ratios also indicate increased long-term risk for other estrogen-sensitive cancers, including uterine, ovarian, cervical, and even head and neck cancers.

What can I do if my ratio is low?

Consuming more foods containing indole-3-carbinol (I3C) can raise the Estronex 2/16 ratio. I3C is found in cruciferous vegetables, like broccoli, cauliflower, cabbage, and Brussels sprouts. Nutritional supplements containing diindolylmethane (DIM), a more stable supplement closely related to I3C, have also been shown to raise the Estronex 2/16 ratio. Follow-up testing is strongly recommended to ensure that your treatment plan is effective over time.

What else can I do to raise my ratio?

- Consume more ground flax seed or soy isoflavones, which favorably benefit the Estronex 2/16 ratio
- Increase the amount of omega-3 oils from fish in your diet, which have been shown to exert anti-cancer effects and improve the Estronex 2/16 ratio
- Exercise and maintain a healthy weight

