



Every Woman Should Know Her Risk for Breast Cancer. Now She Can with a Simple Urine Test!

When a major study of hormone replacement therapy in women was recently discontinued, clinicians and patients alike were left with unanswered questions. Why are certain tissues, such as the breast, susceptible to estrogen-induced cancer? Why are some women susceptible, but not others? Researchers at Rockefeller University have found that the body metabolizes estrogens into several different metabolites that can impact cancer development.

One metabolite, 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 which of these metabolites predominates. Studies have shown that measuring the ratio of these two metabolites provides an important indication of risk for future development of estrogen-sensitive cancers. The studies also show that this risk is modifiable!

The **Estronex™ 2/16 Test** from Metamatrix Clinical Laboratory measures the ratio of these two critical estrogen metabolites from a single urine specimen. **Estronex 2/16** ratios less than 2.0 indicate increasing long-term risk for breast, cervical, and other estrogen-sensitive cancers. Importantly, nutritional interventions can help raise **Estronex 2/16** ratios and decrease long-term risk.

The Estronex™ 2/16 Test features:

- A simple first-morning urine specimen; no blood draw is necessary.
- Economical, so you can retest often to monitor therapy.
- **Bone Resorption Test** can be added for osteoporosis risk assessment at only a small incremental cost.
- Metamatrix quality and reliability backed by over 20 years of experience.



Estronex™ 2/16 Ratio - Urine

Test #0142 - 2/16 OH Estrogen Ratio

Specimen Requirements

10 ml of serum, refrigerated

Method: Immunometrix Assay, EIA,
Spectrophotometry

Turnaround Time: 7-10 days, 9 days average

CPT Codes

CPT #	Description
82679x2	Estrone (2- and 16-alpha-hydroxyestrones)
82570	Creatinine

Analytes Reported

2-Hydroxyestrogens -
(sum of 2-hydroxyestradiol and 2-hydroxyestrone)
16-alpha-Hydroxyestrone
Creatinine



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