



## Every Woman Should Know Her Risk for Estrogen-Sensitive Cancers...



**The following may contribute to your risk of developing estrogen-sensitive cancers, including breast, cervical, and prostate cancers:**

- Prolonged use of oral contraceptives (5+ years)
- Synthetic hormone replacement therapy
- Family history or personal 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 after 30
- Having high breast density on a mammogram
- Being exposed to large amounts of radiation

**An estimated 192,370 new cases of invasive breast cancer are expected to occur among women in the US during 2009; about 1,910 new cases are expected in men.**

– Cancer and Statistics, American Cancer Society, 2009

**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.**

### **What is measured in the Estronex<sup>SM</sup> Profile?**

The Estronex Profile is a measurement of five important forms of estrogen:

#### **The “good” estrogen:**

- 2-hydroxyestrone (2-OHE1) - reduces cancer growth
- 2-methoxyestrone (2-MeOE1) - shown to have anti-cancer effects
- 4-methoxyestrone (4-MeOE1) - non-cancerous

#### **The “bad” estrogen:**

- 4-hydroxyestrone (4-OHE1) – may react negatively with damaged DNA.
- 16- $\alpha$ -hydroxyestrone (16 $\alpha$ -OHE1) – encourages tumor development.

The ratio of these “good to bad estrogens” is determined from a single urine specimen.

### **Why are some women susceptible, but not others?**

Researchers at Rockefeller University found that the body metabolizes estrogen into several different forms that can impact cancer development. A woman’s “biochemical individuality” determines how much of each form is produced. Studies have shown that measuring the ratios of these important forms of estrogen provides an important indication of future risk for development of breast cancer and other estrogen-sensitive cancers. The studies also show that this risk can be modified!

### **What can I do if my 2:16 ratio is low?**

- Consume more foods containing indole-3-carbinol (I3C):
  - Broccoli
  - Brussel Sprouts
  - Cauliflower
  - Cabbage
- Take nutritional supplements containing Diindolylmethane (DIM) - a more stable supplement closely related to I3C
- Follow up testing is also strongly recommended to ensure treatment is effective over time

**Learn more at [www.estronex.com](http://www.estronex.com).**

## PATIENT INFORMATION SHEET



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