

Hormone Testing

“How do I get hormone testing for my bio-identical therapy?”

You have one of 3 choices.

1. Make an appointment to see Arlene for 30 minute consultation and possible examination.

a. Advantages

- i. Direct contact
- ii. Your insurance will be filed for the appointment
- iii. If you have scheduled your appointment 3 to 4 hours after you placed your morning troche dose, either in your mouth, or vagina, and haven't missed a dose for 2 weeks, your hormone levels can be drawn that day

b. Disadvantages

- i. It may take 6-12 weeks for an appointment to be available
 1. You are welcome to request placement on the cancellation list and will be called if there are any earlier openings
- ii. You will still need to pay any co-pay or meet any deductible that your insurance requires
- iii. If you have HMO insurance, you will need to obtain a referral for the appointment
- iv. If you have not taken your hormone dose properly, you will need to return for the testing

2. Utilize the "Purchase Laboratory Order" on the home page WWW.RETURNOPASSION.COM

(A user identification and password are required to enter the “Purchase Laboratory Order” area of the web site. This information is easily obtained by contacting the Mid Kansas Women’s Center at <http://www.mkwc.net> and asking for the “Purchase Laboratory Order” user identification and password. This added level of security has been added to ward off internet “Spammers”. We are sorry for any inconvenience this may cause.)

a. Advantages

- i. You do not have to wait for an office appointment to see me
- ii. If you elect to use the service, you will received personalized attention
- iii. You may have your blood work drawn at our office or at a facility that is more convenient for you

b. Disadvantages

- i. The fee for the service will not be filed with your insurance company

- ii. You will need to keep a record of your hormone test panel scores, taken weekly, for three weeks.
- 3. Use the hormone test panels to assess yourself, at no charge.**
- a. Advantages
 - i. You may use these tests panel s as many times is you like to assess your own progress
 - ii. There is no charge or subscription fee for you to test your self
 - b. Disadvantages
 - i. Your hormone therapy will **not** be changed on the basis of your calling in, telephoning and / or e-mailing in your test scores
 - ii. These questionnaires are very helpful but are not, by themselves, diagnostic of a problem

FAQ (Frequently Asked Questions)

How long will it take to get my test results?

Once you have had your laboratory studies drawn, it may take 2-5 weeks for the results to be available to us. Hormone testing can be very complex and costly. For this reason, the laboratories that perform the testing will often "batch" the tests. In other words, they may wait until they have 50 to 100 specimens before they actually perform the tests. It would be far too costly to run these hormone tests on each specimen as it arrived. As more providers are testing the hormones of perimenopausal and menopausal women, the "turnaround time" has become much shorter than in the past, sometimes as short as 2 weeks.

Why do I have to have my hormones tested at a specific time after I have taken them?

These hormones have cleared your body in 10-14 hours. When you first place your troche, the serum levels are higher and as the day goes on, the levels fall. After observing many women, we have found that the most reliable information levels occur at 4 hours after the troche was placed.

What if I just want to have all of my hormones tested and not have an appointment or do the hormone test panels?

Certain symptoms are associated with low estrogen, progesterone and testosterone levels. However, there are many other problems that could be confused with low sex hormone levels. A few examples of this could be an underactive or overactive thyroid gland, blood sugar problems and even a tumor. We need to be certain that we are really testing what needs to be tested.

In addition, for your insurance to be filed, we need appropriate diagnoses codes. For us to determine these codes, we have to be very specific with regard to your symptoms, medical history and current therapy.

If you do not have medical insurance and want to pay cash for the hormone testing, it commonly runs between \$600 and \$1200.

Can I have all of this taken care of when I come in for my well woman examination?

Many insurance companies embrace the following philosophy: You are either a "well woman" or "you are a woman with problems". Most insurance companies will allow us to only file charges for one type of visit. Your "annual well woman examination" does **not** include consideration of complex hormonal issues. For this reason, a separate appointment should be made for hormonal discussions and assessment or, you may elect to use the "Purchase Laboratory Order" available on the website, WWW.RETURNOFPASSION.COM

Should I have my hormone levels tested just to prove that I'm fine?

No. You are not taking high levels of foreign hormones into your body. If you feel well and if your examination is entirely normal, I really don't believe it is necessary for us to do blood work just to check your levels. However, if you are having symptoms or problems, that is an entirely different situation and testing will then be necessary.

If I use the web service, "Purchase Laboratory Order", why do I have to keep scores for 3 weeks?

We want to order the blood tests based on a trend in your symptoms, not a "bad day". Each time you complete the questionnaires, it's a lot like having an office appointment for consultation. We do ask that you complete and record the test panels one time a week for three weeks.