

Saliva Testing Information

What is saliva testing?

Saliva testing is a non-invasive test done in the privacy of your home. Tests are done by collecting saliva in tubes to measure hormones such as Estrone, Estradiol, Estriol, Progesterone, Testosterone, DHEA, and Cortisol. There are four tubes to collect samples 4 times during the day. It comes with a box and shipping label for you to ship to the lab once saliva has been collected. Your results will be ready between 10 to 14 days.

Saliva measures the "unbound" biologically active or free hormone levels in the body:

When blood is filtered through the salivary glands, the bound hormone components are too large to pass through the cell membranes of the salivary glands. Only the unbound hormones pass through and into the saliva. What is measured in the saliva is considered the "free", or bioavailable hormone, that which will be delivered to the receptors in the tissues of the body.

Serum measures the "protein bound" biologically inactive hormone levels in the body:

For steroid hormones to be detected in serum, they must be bound to circulating proteins. In this bound state, they are unable to fit into receptors in the body, and therefore will not be delivered to tissues. They are considered inactive, or non-bioavailable.

Only saliva testing measures topically dosed hormones:

The discrepancy between free and protein bound hormones becomes especially important when monitoring topical, or transdermal, hormone therapy. Studies show that this method of delivery results in increased tissue hormone levels (thus measurable in saliva), but no parallel increase in serum levels. Therefore, serum testing cannot be used to monitor topical hormone therapy.

Does insurance cover the saliva testing?

We cannot bill insurance for saliva testing; however, we charge a very small amount above our cost. We provide counseling and hormone therapy management, and we provide saliva test as a service and not a money-making product. The cost will depend on how many hormones are tested. Call and talk to us about your needs and we can make a recommendation on what hormones to test and how much the out-of-pocket cost will be.

Interpretation of the results:

We will receive an email when the results are posted. We will contact you and give you the results over the phone or send you a copy by e-mail. We provide counseling from our pharmacist certified in Bioidentical Hormone Replacement Therapy (BHRT) for patients which the test indicates some hormonal imbalance, and we can provide you with the interpretation and recommendations for treatment. We provide this service for a fee. Call us, and we will be glad to discuss the services we provide and their associated fees.

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