



Wayne Scheller, DC
 Health Solutions
 2231 El Camino Real
 Suite A
 Oceanside, CA 92054
 US
 Phone: (760) 845-5675
 Fax: (760) 722-2836

Estronex™ Patient Information Sheet

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



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-a-hydroxyestrone (16-a-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 your risk for future development of breast cancer. The studies also show that this risk can be modified!

What is the Estronex™ 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-a-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 I3C or diindolylmethane (DIM), a 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.
- Exercise.

The following may contribute to your risk of developing estrogen-sensitive cancers:

- Prolonged use of oral contraceptives
- Synthetic hormone replacement therapy
- Family history of breast cancer
- Obesity or sedentary lifestyle
- Consumption of 2 or more alcoholic drinks per day

Breast Cancer will strike more than 200,000 women this year and claim more than 40,000 lives in 2003.

--American Cancer Society, Breast Cancer Facts, 2002

