



Genetics for people

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# My*Estrogens*





# OPTIMISE AND PERSONALISE YOUR TREATMENTS THROUGH GENETICS

## Personalised medicine

In a broad sense, personalised medicine could be defined as medicine that is tailored specifically to each individual, not thinking of a group or set within the population, but of each person, so that treatments are tailored as closely as possible to the specific individual characteristics of each patient.

This concept is linked to knowledge of the patient's genetics, since both the genome and the environment are responsible for the phenotype of the individual, which is the set of visible characteristics that an individual presents as a result of the interaction between its genotype and the environment.

## What is MyEstrogen for?

MyEstrogen assesses the activity of key liver enzymes in oestrogen metabolism, providing insight into their impact on the body's ability to process and eliminate these hormones. It also analyses the ability to neutralise toxic compounds derived from these processes, playing a key role in liver detoxification during Phases I and II.

## Who is MyEstrogen aimed at?

To all professionals interested in the prevention of diseases and conditions related to hormonal imbalance in both men and women, especially those related to oestrogen levels: cancer (oestrogenic, breast, prostate...), polycystic ovary, endometriosis, irregular menstruation, premenstrual syndrome, aromatase deficiency, alopecia, prostatic hypertrophy, etc.

## What does the MyEstrogen test analyse?

The test analyses genetic markers involved in oestrogen metabolism: CYP17A1, CYP19A1, CYP1A1, CYP1B1, CYP3A4, COMT, NQO1, SULT1A1, GSTM1, GSTT1, SOD2.

## Introducing MyEstrogen:

- MyEstrogen is a genetic test that determines the activity of enzymes related to oestrogen metabolism.
- MyEstrogen helps to better understand your hormonal health, prevent and manage conditions related to an imbalance in oestrogen levels.
- MyEstrogen is a non-invasive test. DNA is obtained from a saliva sample, is completely painless and is suitable for anyone of any age.
- MyEstrogen is done once in a lifetime, your genetics do not change.
- MyEstrogen analyses genetic markers at the highest level of scientific evidence.
- Innovative technology that offers greater accuracy and depth in the results.
- Once the sample is received in the laboratory, you will have your results within a maximum of 20 days.