



INTEGRATIVE LABORATORY SERVICES

Hormone Clinical Pearls and the DUTCH Test

Please click on the link below to view the webinar:
[ICL Hormone Clinical Pearls and the DUTCH Test](#)

Learning Objectives:

At the conclusion of the webinar, practitioners will be able to:

1. Identify key sex hormone patterns on the DUTCH test for men and women
2. Differentiate phase 1 estrogen metabolism from phase 2 estrogen metabolism
3. Evaluate 5 α -reductase and its effect on androgens
4. Determine when anti-aromatase measures should be addressed
5. Develop a personalized treatment plan for DUTCH results based on case examples

Hormone lab testing can be downright confusing when attempting to understand the complexities of what hormone to test, for what reason, and what the results mean from a functional medicine perspective. Many practitioners choose to evaluate common hormones such as estradiol or testosterone in serum, but this method ignores the important metabolism pathways that provide further insight. The purpose of this lecture is to review the comprehensiveness of DUTCH testing regarding key sex hormones in premenopausal women, menopausal women and men. Estrogen and androgen metabolism will be highlighted along with aromatization. Case studies will be presented with treatment options in order to provide viewers with practical clinical pearls.

Have a question? Please contact: news@iclabs.ca