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**EVERY WOMAN SHOULD  
KNOW HER RISK FOR  
BREAST CANCER...**



**Estro**nex<sup>SM</sup>

A stylized logo consisting of a blue female symbol (a vertical line with a horizontal crossbar) at the bottom. From the top of the vertical line, several orange, hand-drawn, looped lines radiate outwards, resembling a flower or a sunburst. The word "Estro" is written in blue serif font, with the orange loops of the logo acting as the letter "o". The word "nex" is written in blue serif font to the right of the logo.

**NOW YOU CAN WITH  
A SIMPLE URINE TEST!**



**A test to determine if  
you might be at risk...**

**and a plan to reduce that risk.**

**[www.estronex.com](http://www.estronex.com)**



## 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- $\alpha$ -hydroxyestrone (16- $\alpha$ -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, along with other important ratios, provides an important indication of future risk for development of breast cancer. *The studies also show that this risk can be modified!*

## WHAT IS THE ESTRONEX<sup>SM</sup> PROFILE?

The Estronex Profile measures important forms of estrogen: 2-OHE1, 4-methoxyestrone (4-OMeE1), and 2-methoxyestrone (2-OMeE1) (the "good" estrogens) along with 16- $\alpha$ -OHE1 and 4-hydroxyestrone (4-OHE1) (the "bad" estrogens). The ratio of "good to bad estrogens" 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. A high 2:2 ratio can show genetic issues in clearance of estrogens from the body. These important ratios also indicate increased long-term risk for other estrogen-sensitive cancers, including uterine, ovarian, cervical, and even head and neck cancers.

Estrogen metabolism also affects men! The Estronex Profile can help assess risk for prostate and male breast cancer.

## WHAT CAN I DO TO CHANGE MY RATIOS?

Consuming more foods containing indole-3-carbinol (I3C) can raise the 2:16 ratio. I3C is found in cruciferous vegetables, such as broccoli, cauliflower, cabbage, and Brussels sprouts. Nutritional supplements containing either diindolylmethane (DIM) or I3C have also been shown to raise the 2:16 ratio and lower the 2:2 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 2:16 ratio
- Increase the amount of omega-3 oils from fish in your diet, which have been shown to exert anti-cancer effects and improve the 2:16 ratio
- Increase B<sub>12</sub>, B<sub>6</sub>, and folic acid in your diet or with supplements to modify the 2:2 ratio
- Exercise and maintain a healthy weight
- Reduce stress





**An estimated 192,370 new cases of invasive breast cancer are expected to occur among women in the US during 2009.**

– CANCER FACTS & FIGURES, AMERICAN CANCER SOCIETY, 2009-2010

**THE FOLLOWING MAY CONTRIBUTE TO RISK OF DEVELOPING ESTROGEN-SENSITIVE CANCERS:**

- Prolonged use of oral contraceptives (5 years +)
- Synthetic hormone replacement therapy
- Family history of breast cancer
- Obesity or sedentary lifestyle
- Consumption of 2 or more alcoholic drinks per day
- Getting older
- Never having children, or having your first child after 30
- Having high breast density on a mammogram
- High bone density
- Exposure to large amounts of radiation

This information is provided by your healthcare practitioner:



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