



DR. BRIAN MCGUCKIN  
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# Midlife Women

## *Bladder Control, Night Sweats, Sleep*

### *Balance Matters*

If Progesterone drops too low in relation to demand, it may stress the Adrenal Glands. This may cause bone loss, muscle weakness, wrinkles, weight gain, and stresses the brain.

### *Hormones Tested*

#### **The Three Estrogens**

**Estradiol** - Supports and protects female tissue structures needing **Estrogen**.

**Estriol** - Gives muscle strength in women, **bladder control and night sweats**.

**Estrone** - Is converted into Estradiol for additional support of **female tissues**.

**Progesterone** - Is supportive in multiple areas including the following: brain, breast, bone, and **sleep**.

**Testosterone** - Is needed in a small amount with women to balance the effects of **Estrogen**.

**DHEA** - Comes from the Adrenal Glands and is converted into **Estradiol**. It gives a window into the health of the Adrenals.

*Schedule Your Appointment to  
Feel Better*

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### **References for maintaining and balancing hormones.**

“Although saliva has not yet become a mainstream sample source for hormone analysis, it has proven to be reliable and, in some cases, even superior to other body fluids.”  
Gröschl M. [Current status of salivary hormone analysis](#). *Clin Chem*. 2008;54(11):1759-69.  
doi: 10.1373/clinchem.2008.108910.

#### [Adequacy of saliva 17-hydroxyprogesterone determination using various collection methods.](#)

Mylonas PG, Makri M, Georgopoulos NA, Theodoropoulou A, Leglise M, Vagenakis AG, Markou KB.

#### [Progesterone and estradiol in the saliva and plasma during the menstrual cycle.](#)

Choe JK, Khan-Dawood FS, Dawood MY. – *Am J Obstet Gynecol* 1983;147:557-562.

#### [Salivary progesterone: relation to total and non-protein-bound blood levels.](#)

Wang DY, Knyba RE. – *J Steroid Biochem* 1985;23:975-979.

**Saliva Testing and other lab work done at this office is considered nutritional testing by most, if not all insurance companies. There is typically no reimbursement for this type of testing. Anthem and Medicare specifically will not pay for laboratory testing done at this office.**

**Dr. McGuckin is a licensed chiropractic physician who uses diet and nutritional support to help your body repair. Dr. McGuckin works with your current doctor(s), and does not intend to be a replacement for your primary care physician. Dr. McGuckin requires all patients to have a primary care physician to cover emergencies and routine care.**

**Testing and nutritional supplement recommendations are not a substitute for, or in place of, any medications or recommendations made by your medical doctor(s) or other licensed healthcare professionals, and that no medications should be discontinued or initiated without the advice of your medical doctor or other healthcare provider(s) you are seeing.**