



# Saliva vs Urine

## Why saliva instead of urine for measurement of hormones

When deciding how to assess hormone levels in a patient it is important to establish a methodology that will allow for ongoing testing and monitoring. Urine testing cannot measure progesterone directly...just the metabolites of progesterone so it is not a sufficiently accurate tool for direct measurement for assessing deficiencies and subsequent treatment.

In addition, once a patient is started on a prescription of topical hormones the adjusted hormone levels cannot be accurately assessed through urine or blood — only saliva. This is because blood and urine will not show bioavailable hormone levels. Saliva, on the other hand, does reflect changes in hormone levels shown when a patient is on a topical hormone replacement and it is a proven method for adjusting and monitoring therapy.

Providers who decide to use urine testing will often find that it takes a long time to get prescription rates correct and existing symptoms continue while new symptoms may appear.