



Understanding the ZRT Test Report Symptoms Page & Symptoms Categories

One feature unique to ZRT Laboratory reports is the Patient Reported Symptoms section, which is located on most ZRT test reports after the test results. It features a list of symptoms that are common indicators of hormone imbalance, as well as a list of eight summary symptom categories. Following is an explanation of how these results are calculated.

Symptom Checklist

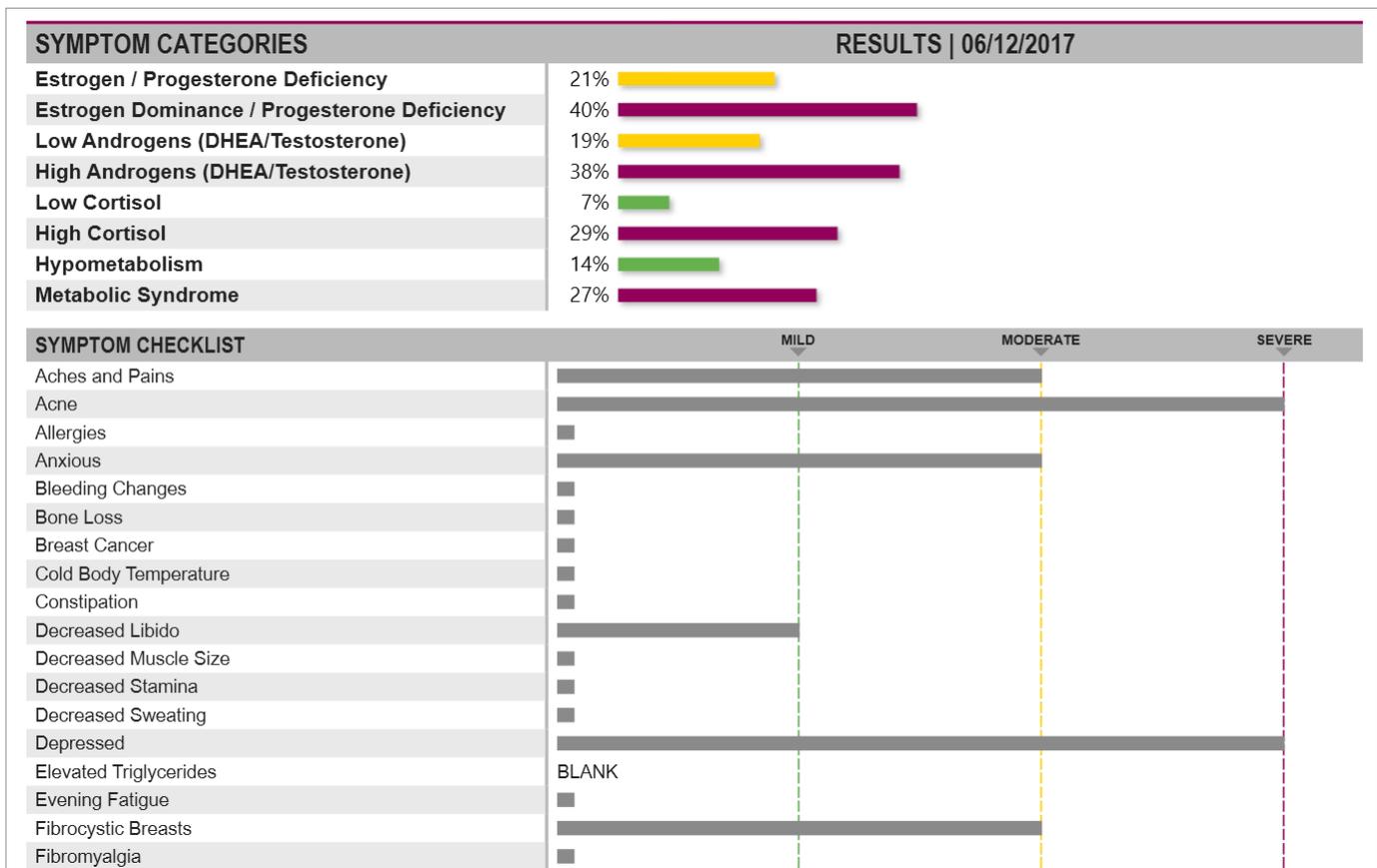
A list of symptoms is included on every test requisition that ships with a standard ZRT kit and most custom ZRT kits. Patients are asked to fill out the symptoms they're experiencing and rate the severity of them when collecting samples and completing the test kit paperwork.

Patients are asked to mark symptoms as 0, 1, 2 or 3 – which correspond to None (0), Mild (1), Moderate (2) or Severe (3). Symptoms left blank will show as either BLANK or 0, depending on the symptom and the time the report was completed.

ZRT includes this information on the test report to give health care providers a deeper level of understanding – beyond just the lab values – about how the patient is feeling. These comments are also designed to help providers easily track how a patient responds to therapies and treatments. Current symptom results will show, along with up to three historical results if the patient has tested previously. This is another easy way to track patient response to treatment over time.

SYMPTOM CHECKLIST	MILD		MODERATE	
	0	1	2	3
Aches and Pains				
Acne				
Allergies	■			
Anxious				
Bleeding Changes	■			
Bone Loss	■			
Breast Cancer	■			
Cold Body Temperature	■			
Constipation	■			
Decreased Libido				
Decreased Muscle Size	■			
Decreased Stamina	■			
Decreased Sweating	■			
Depressed				
Elevated Triglycerides	BLANK			
Evening Fatigue	■			
Fibrocystic Breasts				
Fibromyalgia	■			
Foggy Thinking				
Goiter	■			

ZRT's Patient Reported Symptoms page



ZRT's Patient Reported Symptoms page with Symptom Category results

Symptom Categories

At the top of the symptoms page, there are eight types of hormone imbalances to which the symptoms are correlated:

- ▶ Estrogen/Progesterone Deficiency
- ▶ Estrogen Dominance/Progesterone Deficiency
- ▶ Low Androgens (DHEA/Testosterone)
- ▶ High Androgens (DHEA/Testosterone)
- ▶ Low Cortisol
- ▶ High Cortisol
- ▶ Hypometabolism
- ▶ Metabolic Syndrome

Each category, along with the score assigned to it, has a set of corresponding symptoms from the full list. Refer to the following page for details about which symptoms relate to each category. Note that some symptoms may belong to more than one category.

Additionally, each symptom has a weight applied to it that is based on its relevance to the category. For example, for women: 'Anxious' may be an indicator of High Cortisol or Estrogen Dominance/Progesterone Deficiency. 'Anxious' carries a weight of 100 for High Cortisol and 25 for

Estrogen Dominance/Progesterone Deficiency, meaning it is a stronger indicator for High Cortisol. However, because the symptoms have severity levels, only a percentage of the potential weight may be added. For instance, the severity can be 0, 1, 2 or 3; 0 would result in 0 weight be added, 1 results in 1/3 of the potential weight being added, 2 results in 2/3 being added, and 3 results in 3/3 or 100% of the weight being added.

Adding all of the numerical weights together for each symptom related to each hormonal imbalance category results in a total percentage, which is reported next to the symptom category. To show how this works, here is how ZRT's calculates the 29% for High Cortisol (shown above):

'Anxious' carries a potential weight of 100 for High Cortisol, and the patient marked this symptom with a severity of moderate – which equals 2. With this severity, ZRT applies 2/3 of 100 (or 66.6%) to the total. Taking the potential weight for each symptom she marked and multiplying it by the severity rating she gave results in a total number.

For the High Cortisol category, the patient's total score after adding up all of the symptoms is 348. Dividing this outcome by 1200 – the total potential score for the High Cortisol category – results in the final score of 29%.

ZRT Symptom Categories & Corresponding Symptoms

Estrogen/Progesterone Deficiency

- ▶ Aches & pains
- ▶ Acne
- ▶ Bone loss
- ▶ Depressed
- ▶ Disturbed sleep
- ▶ Foggy thinking
- ▶ Heart palpitations
- ▶ Hot flashes
- ▶ Incontinence
- ▶ Increased facial or body hair
- ▶ Increased urinary urge
- ▶ Infertility problems
- ▶ Memory lapse
- ▶ Night sweats
- ▶ Rapid aging
- ▶ Rapid heartbeat
- ▶ Tearful
- ▶ Thinning skin
- ▶ Vaginal dryness
- ▶ Weight gain - waist

Estrogen Dominance/ Progesterone Deficiency

- ▶ Anxious
- ▶ Bleeding changes
- ▶ Breast cancer
- ▶ Cold body temperature
- ▶ Depressed
- ▶ Fibrocystic breasts
- ▶ Headaches
- ▶ Infertility problems
- ▶ Irritable
- ▶ Mood swings
- ▶ Nervous
- ▶ Tender breasts
- ▶ Uterine fibroids
- ▶ Water retention

Low Androgens (DHEA/Testosterone)

- ▶ Aches & pains
- ▶ Allergies
- ▶ Bone loss
- ▶ Decreased libido
- ▶ Decreased muscle size
- ▶ Decreased stamina
- ▶ Depressed
- ▶ Evening fatigue
- ▶ Fibromyalgia
- ▶ Headaches
- ▶ Incontinence
- ▶ Memory lapse
- ▶ Morning fatigue
- ▶ Rapid aging
- ▶ Thinning skin
- ▶ Vaginal dryness

High Androgens (DHEA/Testosterone)

- ▶ Acne
- ▶ Breast cancer
- ▶ Elevated triglycerides
- ▶ Increased facial/body hair
- ▶ Irritable
- ▶ Loss of scalp hair
- ▶ Weight gain - waist

Hypometabolism

- ▶ Aches & pains
- ▶ Anxious
- ▶ Bleeding changes
- ▶ Breast cancer
- ▶ Cold body temperature
- ▶ Constipation
- ▶ Decreased libido
- ▶ Decreased stamina
- ▶ Decreased sweating
- ▶ Depressed
- ▶ Disturbed sleep
- ▶ Elevated triglycerides
- ▶ Evening fatigue
- ▶ Fibromyalgia
- ▶ Foggy thinking
- ▶ Goiter
- ▶ Hair - dry or brittle
- ▶ Headaches
- ▶ Hearing loss
- ▶ Heart palpitations
- ▶ High cholesterol
- ▶ Hoarseness
- ▶ Hot flashes
- ▶ Infertility problems
- ▶ Loss scalp hair
- ▶ Morning fatigue
- ▶ Nails - breaking or brittle
- ▶ Night sweats
- ▶ Rapid heartbeat
- ▶ Slow pulse rate
- ▶ Swelling/puffy eyes/face
- ▶ Uterine fibroids

Low Cortisol

- ▶ Aches & pains
- ▶ Allergies
- ▶ Cold body temperature
- ▶ Decreased stamina
- ▶ Evening fatigue
- ▶ Fibromyalgia
- ▶ Low blood pressure
- ▶ Low blood sugar
- ▶ Morning fatigue
- ▶ Sensitivity to chemicals
- ▶ Slow pulse rate
- ▶ Stress
- ▶ Sugar cravings

High Cortisol

- ▶ Anxious
- ▶ Bone loss
- ▶ Breast cancer
- ▶ Decreased muscle size
- ▶ Depressed
- ▶ Disturbed sleep
- ▶ Foggy thinking
- ▶ High blood pressure
- ▶ Hot flashes
- ▶ Infertility problems
- ▶ Irritable
- ▶ Memory lapse
- ▶ Nervous
- ▶ Night sweats
- ▶ Rapid aging
- ▶ Rapid heartbeat
- ▶ Stress
- ▶ Thinning skin
- ▶ Uterine fibroids
- ▶ Weight gain - waist

Metabolic Syndrome

- ▶ Elevated triglycerides
- ▶ High blood pressure
- ▶ High cholesterol
- ▶ Increased facial/body hair
- ▶ Numbness - hands/feet
- ▶ Weight gain - waist