



The Dutch Test

Adrenals, Sex Hormones, Oxidative Stress,
Neurotransmitter Testing



This test is a comprehensive assessment of sex and adrenal hormones and their metabolites. It also includes the daily, free cortisol pattern, organic acids, melatonin (6-OHMS), and 8-OHdG.

This test is a comprehensive assessment of estrogen and their metabolites. This is inhibited by drugs like Tamoxifen, BUT there is another mechanism potentially at work in terms of increasing cancer risks – estrogen metabolites. 4-OH-estrogens are related to cancer risks by creating a quinone that can attach to DNA and actually break a piece off (guanine or adenine). This is the mechanism by which they (4-OH estrogens) are thought to increase the risk of certain cancers.

It is also crucial to test for melatonin levels, as lower levels are seen in patients who develop breast cancer. High cortisol may play a role in this as well.

8-OHdG measures the effect of endogenous oxidative damage to DNA. The marker is used to estimate risk factor for various cancers (including breast cancer and prostate cancer), and degenerative diseases including high blood pressure, diabetes, cystic fibrosis, atopic dermatitis, rheumatoid arthritis, Parkinson's disease, Alzheimer's disease, Huntington's disease, pancreatitis, and chronic hepatitis. Adjusting treatments and lifestyle to minimize the presence of 8-OHdG is a productive step toward health and longevity.

