

女性不孕及 經期不規律



不明原因的不孕症！

28% 的不孕症是無法解釋！

在沒有物理原因的情況下，許多女性的生育的問題都與荷爾蒙失衡有關，可以透過荷爾蒙測試來找出問題根源。

經期不規律的掙扎

荷爾蒙水平失衡可導致偏頭痛、情緒波動、大量出血或經痛等症狀。

不孕症的原因：荷爾蒙問題

與女性不育有關的荷爾蒙原因包括以下情況：



低孕酮 / 黃體期缺陷

孕酮對於準備子宮以植入受精卵至關重要。部分女士的黃體酮可能不足以維持妊娠。



甲狀腺失調

過低的甲狀腺素可能會阻止排卵，導致經期不準甚至「失蹤」。自身免疫性甲狀腺問題亦會增加流產的風險。



多囊卵巢綜合症 (PCOS)

影響了6-15%的女性。著手處理PCOS，許多女性性能更有效懷孕及減重。



卵巢儲備下降

可能是由卵巢早衰引起的。



壓力

壓力帶來的高皮質醇可能會抑制排卵，而低皮質醇可能阻礙受精卵著床時的免疫變化。壓力也可導致子宮內膜異位症，影響著超過50%患有不明原因的生育能力的女性。

經期不規律的煩惱

女性經期出現不規律，體內荷爾蒙分泌紊亂，長期而言可能出現各樣健康問題。



偏頭痛、情緒不穩、過度出血及劇烈經痛

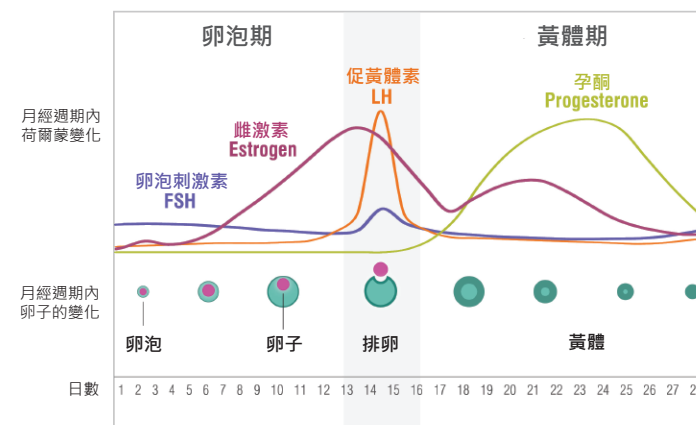


經前症候群 (症狀包括：焦慮、重度抑鬱等等)



多囊性卵巢綜合症 (症狀包括：暗瘡、面毛過盛、增重等等)

月經週經的荷爾蒙變化



不同時期，每種荷爾蒙的分泌量可影響排卵及月經的機率，亦會影響月經週期的長短及出血量。所以透過檢驗各種荷爾蒙的分泌模式，有助了解不孕及經期不規律的原因。

生育能力荷爾蒙測試

測試提供初步的檢驗，測試12種不同的荷爾蒙，找出影響生育能力的荷爾蒙問題或其他潛在問題。



收集經期期間2日的血液及唾液樣本



哪些人適合進行測試？

有著各樣荷爾蒙失衡的症狀；一直嘗試懷孕超過6個月；30歲或以上；有不孕或不育的家族史；想評估你的生育狀況。

月經週期追蹤測試

測試週期各個關鍵時段內主要荷爾蒙的水平，找出週期的異常情況，如缺乏黃體期、排卵異常等。



收集多個尿液樣本，進行為期一個月的評估

Infertility & Irregular Cycles



Unexplained Infertility

28% of cases of Infertility are unexplained!

In the absence of a physical cause, many cases of female infertility may be due to something as simple as hormonal imbalance, which can be detected by hormone testing.

Struggle with Irregular Cycles

Out-of-balance hormones can contribute to symptoms such as migraine, mood swings, heavy bleeding, painful or irregular period.



(+852) 2763 1488
info@hkbiotek.com
www.hkbiotek.com

Hormonal Causes of Infertility

Common hormone-related causes of female infertility often involved in the following scenarios:



Low Progesterone/ Luteal Phase Defect

Progesterone is essential for preparing the uterus for implantation of a fertilized egg. In some patients, progesterone may not be produced sufficiently to sustain the pregnancy.



Thyroid Disorders

Low level of thyroid hormone may stop ovulation, leads to absent or irregular cycles. Autoimmune thyroid issues can increase the risk of miscarriage.



PCOS

It affects 6-15% of women. Once PCOS is recognized, many women are able to become pregnant and lose weight more effectively.



Low Egg Reserve

It could be caused by premature ovarian failure.



Stress

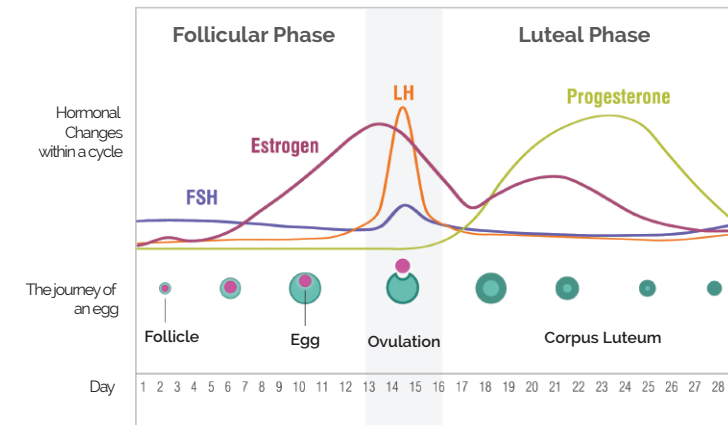
High cortisol level that brought by stress can inhibit ovulation, while low cortisol hinder the immune changes necessary for implantation. Stress could also lead to endometriosis, which is found in more than 50% of women with unexplained infertility.

Health Issues with Irregular Cycle

Disruption of hormone secretion could lead to issues:

- Migraines, mood swings, heavy bleeding and painful periods
- Perimenstrual Dysphoric Disorder (PMDD) (symptoms like marked anxiety, severe depression)
- PCOS (symptoms like acnes, excess facial hair and weight gain)

Hormonal Change in Menstrual Cycle



The secretion of hormones differs in different stages of a menstrual cycle, which would affect the chance of ovulation and fertilization. It also affects the length and volume of a cycle. Therefore, by testing the secretion pattern of hormones, the reason for infertility and irregular cycle could be found.

Hormone Testing: Fertility Profile

Test 12 hormones to identify treatable hormonal imbalances and other serious health issues that affect fertility.



Collect blood and saliva samples on 2 different days during your cycle.



The test can help if you have hormonal symptoms; have been trying to conceive for 6+ months; are in your mid 30s or older; know infertility runs in the family; want to assess your fertility status

Hormone Testing: Menstrual Cycle Mapping

Identify the peaks or dips of major hormones at key points in the cycle and look for abnormalities, like luteal phase deficiency, questionable ovulation and etc.



A month-long assessment with multiple air-dried urine samples