



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

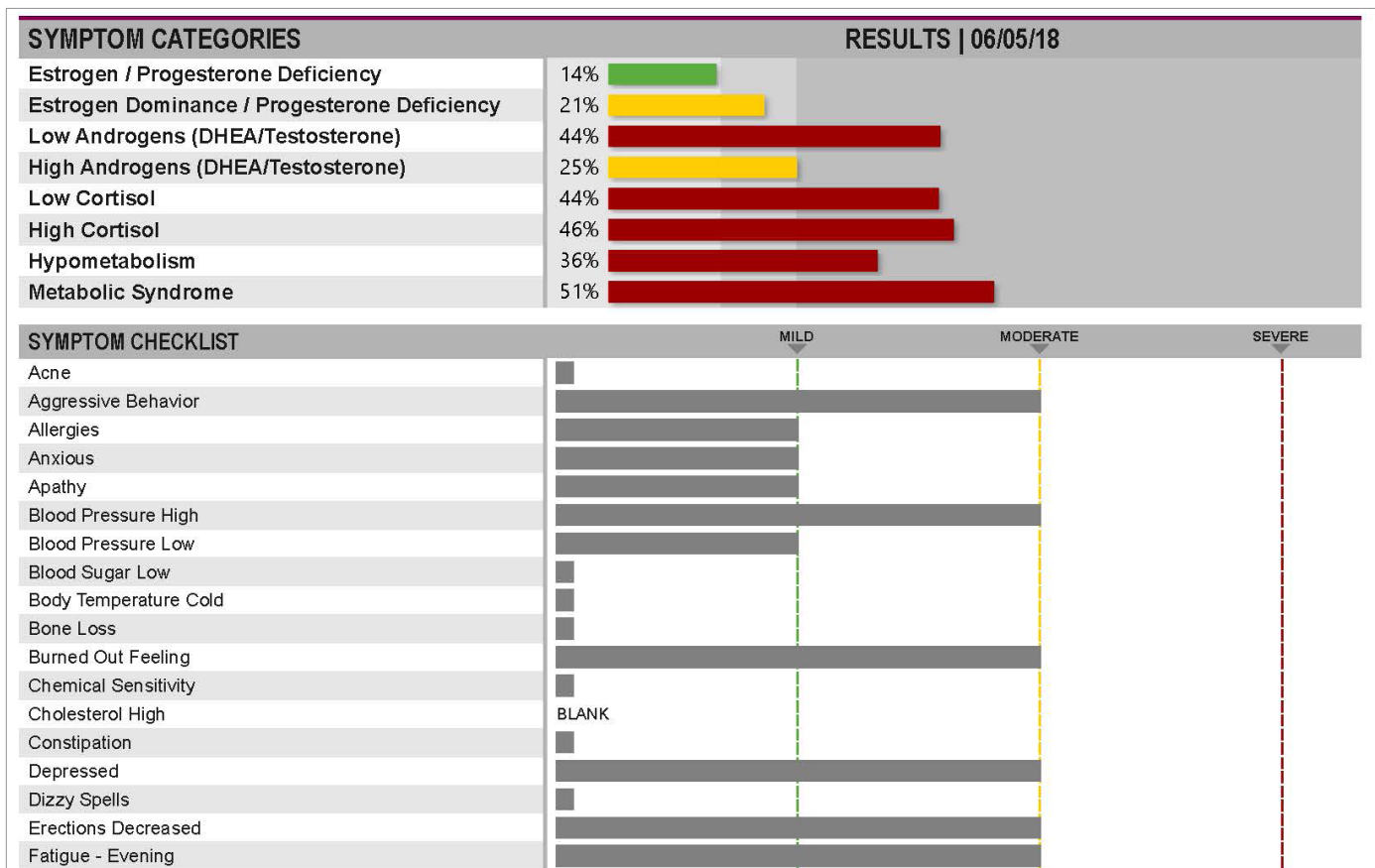
A list of symptoms is included on every test requisition that ships with a standard ZRT kit and most custom ZRT kits. Patients are asked to fill out the symptoms they're experiencing and rate the severity of them when collecting samples and completing the test kit paperwork.

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.

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Acne			
Aggressive Behavior			
Allergies			
Anxious			
Apathy			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Burned Out Feeling			
Chemical Sensitivity			
Cholesterol High	BLANK		
Constipation			
Depressed			
Dizzy Spells			
Erections Decreased			
Fatigue - Evening			
Fatigue - Mental			
Fatigue - Morning			
Flexibility Decreased			
Forgetfulness Increased			
Golter			
Hair - Dry or Brittle			
Hair or Skin Oily			

ZRT's Patient Reported Symptoms page

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 two historical results if the patient has tested previously. This is another easy way to track patient response to treatment over time.



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 - Female

Estrogen/Progesterone Deficiency

- ▶ Aches & pains
- ▶ Acne
- ▶ Bone loss
- ▶ Depressed
- ▶ Foggy thinking
- ▶ Hair - increased facial or body
- ▶ Heart palpitations
- ▶ Hot flashes
- ▶ Incontinence
- ▶ Infertility
- ▶ Memory lapse
- ▶ Night sweats
- ▶ Rapid aging
- ▶ Rapid heartbeat
- ▶ Skin thinning
- ▶ Sleep disturbed
- ▶ Tearful
- ▶ Urinary urge increased
- ▶ Vaginal dryness
- ▶ Weight gain - waist

Estrogen Dominance/ Progesterone Deficiency

- ▶ Anxious
- ▶ Bleeding changes
- ▶ Body temperature cold
- ▶ Breast cancer
- ▶ Breasts - fibrocystic
- ▶ Breasts - tender
- ▶ Depressed
- ▶ Headaches
- ▶ Infertility
- ▶ Irritable
- ▶ Mood swings
- ▶ Nervous
- ▶ Uterine fibroids
- ▶ Water retention
- ▶ Weight gain - hips

Low Androgens (DHEA/Testosterone)

- ▶ Aches & pains
- ▶ Allergies
- ▶ Bone loss
- ▶ Depressed
- ▶ Fatigue - evening
- ▶ Fatigue - morning
- ▶ Fibromyalgia
- ▶ Headaches
- ▶ Incontinence
- ▶ Libido decreased
- ▶ Memory lapse
- ▶ Muscle size decreased
- ▶ Rapid aging
- ▶ Skin thinning
- ▶ Stamina decreased
- ▶ Vaginal dryness

High Androgens (DHEA/Testosterone)

- ▶ Acne
- ▶ Breast cancer
- ▶ Hair - increased facial or body
- ▶ Hair - scalp loss
- ▶ Irritable
- ▶ Triglycerides elevated
- ▶ Weight gain - waist

Hypometabolism

- ▶ Aches & pains
- ▶ Anxious
- ▶ Bleeding changes
- ▶ Body temperature cold
- ▶ Breast cancer
- ▶ Cholesterol high
- ▶ Constipation
- ▶ Depressed
- ▶ Fatigue - evening
- ▶ Fatigue - morning
- ▶ Fibromyalgia
- ▶ Foggy thinking
- ▶ Goiter
- ▶ Hair - dry or brittle
- ▶ Hair - scalp loss
- ▶ Headaches
- ▶ Hearing loss
- ▶ Heart palpitations
- ▶ Hoarseness
- ▶ Hot flashes
- ▶ Infertility
- ▶ Libido decreased
- ▶ Nails - breaking or brittle
- ▶ Night sweats
- ▶ Pulse rate slow
- ▶ Rapid heartbeat
- ▶ Sleep disturbed
- ▶ Stamina decreased
- ▶ Sweating decreased
- ▶ Swelling or puffy eyes/face
- ▶ Triglycerides elevated
- ▶ Uterine fibroids

Low Cortisol

- ▶ Aches & pains
- ▶ Allergies
- ▶ Blood pressure low
- ▶ Blood sugar low
- ▶ Body temperature cold
- ▶ Chemical sensitivity
- ▶ Fatigue - evening
- ▶ Fatigue - morning
- ▶ Fibromyalgia
- ▶ Pulse rate slow
- ▶ Stamina decreased
- ▶ Stress
- ▶ Sugar cravings

High Cortisol

- ▶ Anxious
- ▶ Blood pressure high
- ▶ Bone loss
- ▶ Breast cancer
- ▶ Depressed
- ▶ Foggy thinking
- ▶ Hot flashes
- ▶ Infertility
- ▶ Irritable
- ▶ Memory lapse
- ▶ Muscle size decreased
- ▶ Nervous
- ▶ Night sweats
- ▶ Rapid aging
- ▶ Rapid heartbeat
- ▶ Skin thinning
- ▶ Sleep disturbed
- ▶ Stress
- ▶ Uterine fibroids
- ▶ Weight gain - waist

Metabolic Syndrome

- ▶ Blood pressure high
- ▶ Cholesterol high
- ▶ Hair - increased facial or body
- ▶ Numbness - feet or hands
- ▶ Triglycerides elevated
- ▶ Weight gain - waist

ZRT Symptom Categories & Corresponding Symptoms - Male

Estrogen/Progesterone Deficiency

- ▶ Bone loss
- ▶ Depressed
- ▶ Heart palpitations
- ▶ Hot flashes
- ▶ Neck or back pain
- ▶ Night sweats
- ▶ Sleeping difficulty

Estrogen Dominance/ Progesterone Deficiency

- ▶ Body temperature cold
- ▶ Irritable
- ▶ Libido decreased
- ▶ Prostate problems
- ▶ Urinary urge increased
- ▶ Urine flow decreased
- ▶ Weight gain - breast or hips

Low Cortisol

- ▶ Allergies
- ▶ Apathy
- ▶ Blood pressure low
- ▶ Blood sugar low
- ▶ Body temperature cold
- ▶ Burned out feeling
- ▶ Chemical sensitivity
- ▶ Depressed
- ▶ Dizzy spells
- ▶ Fatigue - evening
- ▶ Fatigue - mental
- ▶ Fatigue - morning
- ▶ Infertility
- ▶ Irritable
- ▶ Joint pain
- ▶ Mental sharpness decreased
- ▶ Neck or back pain
- ▶ Pulse rate slow
- ▶ Stamina decreased
- ▶ Stress
- ▶ Sugar cravings
- ▶ Swelling or puffy eyes/face

Metabolic Syndrome

- ▶ Blood pressure high
- ▶ Cholesterol high
- ▶ Depressed
- ▶ Dizzy spells
- ▶ Erections decreased
- ▶ Irritable
- ▶ Muscle size decreased
- ▶ Muscle soreness
- ▶ Numbness - feet or hands
- ▶ Sugar cravings
- ▶ Triglycerides elevated
- ▶ Weight gain - waist

High Cortisol

- ▶ Anxious
- ▶ Blood pressure high
- ▶ Body temperature cold
- ▶ Bone loss
- ▶ Depressed
- ▶ Erections decreased
- ▶ Forgetfulness
- ▶ Hot flashes
- ▶ Libido decreased
- ▶ Mental sharpness decreased
- ▶ Muscle size decreased
- ▶ Nervous
- ▶ Night sweats
- ▶ Rapid aging
- ▶ Skin thinning
- ▶ Sleeping difficulty
- ▶ Stress
- ▶ Sugar cravings
- ▶ Triglycerides elevated
- ▶ Weight gain - waist

Low Androgens (DHEA/Testosterone)

- ▶ Allergies
- ▶ Apathy
- ▶ Body temperature cold
- ▶ Bone loss
- ▶ Burned out feeling
- ▶ Depressed
- ▶ Erections decreased
- ▶ Fatigue - evening
- ▶ Fatigue - mental
- ▶ Fatigue - morning
- ▶ Flexibility decreased
- ▶ Forgetfulness
- ▶ Headaches
- ▶ Heart palpitations
- ▶ Hot flashes
- ▶ Irritable
- ▶ Joint pain
- ▶ Libido decreased
- ▶ Mental sharpness decreased
- ▶ Muscle size decreased
- ▶ Muscle soreness
- ▶ Neck or back pain
- ▶ Night sweats
- ▶ Prostate problems
- ▶ Rapid aging
- ▶ Ringing in ears
- ▶ Skin thinning
- ▶ Stamina decreased
- ▶ Stress
- ▶ Triglycerides elevated
- ▶ Urinary urge increased
- ▶ Urine flow decreased
- ▶ Weight gain - waist

High Androgens (DHEA/Testosterone)

- ▶ Acne
- ▶ Aggressive behavior
- ▶ Anxious
- ▶ Blood pressure high
- ▶ Hair or skin oily
- ▶ Irritable
- ▶ Nervous
- ▶ Sleeping difficulty
- ▶ Sugar cravings
- ▶ Weight gain - breast or hips

Hypometabolism

- ▶ Anxious
- ▶ Body temperature cold
- ▶ Cholesterol high
- ▶ Constipation
- ▶ Depressed
- ▶ Dizzy spells
- ▶ Fatigue - evening
- ▶ Fatigue - mental
- ▶ Fatigue - morning
- ▶ Goiter
- ▶ Hair - dry or brittle
- ▶ Headaches
- ▶ Hearing loss
- ▶ Heart palpitations
- ▶ Hoarseness
- ▶ Infertility
- ▶ Joint pain
- ▶ Libido decreased
- ▶ Nails - breaking or brittle
- ▶ Pulse rate slow
- ▶ Ringing in ears
- ▶ Stamina decreased
- ▶ Sweating decreased
- ▶ Swelling or puffy eyes/face
- ▶ Triglycerides elevated