

Women's Reproductive Health Assessment

My approach to women's health is preventative at all ages. In working with a patient, the goal is to engage her mind, body, and spirit toward health and optimal living. Women have proven that they can take charge of their bodies and improve their health condition in most if not all disease states, even cancer. Having the ability to predict what we are at risk for at the earliest stages is ideal in treating an individual.

When I see a patient I think about what her risk factors are for disease states of the body. These include cancer, diabetes, hypertension, cardiovascular disease, mood disorders, hormonal imbalance, infertility, and complications of pregnancy such as gestational diabetes, pre-term labor, and pre-eclampsia, to name a few. We each have genetic and environmental factors that predispose us to these illnesses. Having a test that can assess some of our biochemical markers and be used at any time in our life cycle to assess our individual risk factors, and imply interventions at any stage to improve and hopefully prevent the occurrence of the disease state is necessary to reach our optimal health. The Women's Reproductive Health Assessment will accomplish that and provide an intervention guide targeted to the individual. This provides a corner stone in healthy age-management medicine and optimal aging.

While this test can be used for women of all ages, it has great sensitivity for women in their child-bearing years. Being able to assess a women's risk factors genetically, biochemically, and environmentally prior to becoming pregnant gives us an invaluable opportunity to promote healthy detoxification, diet/exercise suggestions, and supplementation prior to becoming pregnant. The healthier we are before pregnancy, the healthier our pregnancy is, and this affects our child in utero and future generations.

There are several components of this test that make it comprehensive. The results will guide us where to intervene with guided nutritional recommendations. Patients with insulin resistance are at higher risk for infertility, diabetes, hypertension, cancer, cardiovascular disease and pregnancy complications. Specifically, this test will assess lipid metabolism, fatty acids, oxidative stress, and insulin resistance.

ADMA levels are elevated in clinical settings including renal failure, coronary heart disease, hypertension, diabetes and pre-eclampsia. Having the ability to intervene early can be life-saving.

The Organix profile gives us a nutritional assessment and valuable insight into our body's ability to process and use the nutrients we ingest and guide us in tailoring a therapeutic regimen. Additionally, the concert of nutrients we need for a healthy body and pregnancy include carnitine, vitamin C, vitamin E, zinc, omega-3, calcium, and magnesium.

The Estronex test shows us how we are metabolizing our hormones and if we are detoxifying effectively. Improving the 2/16 OH E ratio is empowering for women, especially when at risk for or with a history of breast cancer. Studies show the earlier we can improve this ratio the lower our risk is for breast cancer.

Sincerely,

Anna Cabeca, DO, FACOG
Mother, wife, friend, and physician