



MEN'S HEALTH TESTING

Estradiol Information Sheet

What is estradiol?

Estradiol is the strongest of the three estrogen hormones. It is naturally produced in both genders, with much higher levels in females. Estradiol is also known as E2 and oestradiol. In males, it is produced in the testicles, adrenal glands, fat, liver, and brain (1).

What are the roles of estradiol in males?

Estradiol plays important functions in the male reproductive system, skeletal system, skin health, nervous system, and cardiovascular system. Estradiol in conjunction with testosterone is essential for modulating libido, erectile function, and spermatogenesis (2). Adult males typically have estradiol levels of 10-50pg/mL (3).

How can I control my estradiol levels?

A healthy diet that is low in fat and high in fiber, combined with adequate physical exercise can help males maintain estradiol levels in the normal, healthy range.

What are the signs of abnormal estradiol levels in males?

Males who have abnormal estradiol levels can be affected by:

- Infertility
- Gynecomastia (increased breast tissue)
- Erectile dysfunction
- Slowed growth leading to short stature or delayed puberty
- Reduced sex drive
- Fatigue
- Reduced muscle and bone mass
- Reduced growth of penis and testicles

Abnormal estradiol levels in males also increases the risk of diabetes, blood clots, stroke and certain cancers (4).

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What can cause abnormal estradiol levels in males?

Reduced estradiol in males may be due to autoimmune conditions and genetic disorders, hemochromatosis, radiation exposure, HIV infection, malnutrition, and surgeries.

Elevated estradiol in males may be due to specific antibiotics and herbs, inherited factors, stress, obesity, certain tumors, liver diseases, and conditions that affected hormone balances.

Where can I find more info?

Visit www.genetrackdiagnostics.com for full test information, including specimen collection requirements

CONTACT US:

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References:

- (1) Remage-Healey L, Saldanha CJ, Schlinger BA. (2011). Estradiol synthesis and action at the synapse: evidence for "synaptocrine" signaling. *Front Endocrinol (Lausanne)*. 2, 28.
- (2) Ross GT. (1985). Disorders of the ovary and female reproductive tract. In: Wilson JD, Foster DW, editors. *Williams Textbook of Endocrinology*, 7th ed. Philadelphia: WB Saunders Co. 206-258.
- (3) Pagana KD, Pagana TJ, Pagana TN. *Mosby's Diagnostic & Laboratory Test Reference*. 15th ed. St. Louis, Mo: Elsevier; 2021.
- (4) Jewell T. (Oct, 2019) Reviewed by Biggers, A. Risk Factors of Having High or Low Estrogen Levels in Males. Healthline. [online]

NOTE:

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