

# STEROID HORMONE TESTING

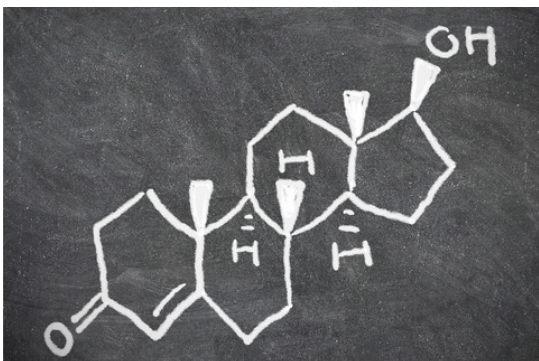
Steroid Hormone testing is generally performed using blood, but can be tested using saliva. Male and Female tests are different and have different optimal ranges. Free testosterone, (DHEA, DHEA-S), DHT and low SHBG levels have all been implicated in acne according to research.



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High levels of Androgens (male hormones) can lead to stimulation of the mTOR Pathway, increase sebum production, increased production of skin cells and lead to acne."

If you decide to take a steroid hormone test, it is always advised to receive feedback from a trained professional for guidance. If you are based in the UK, you can contact me for details on how to purchase a test kit and/or feedback on a test result.



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