



Adrenocortex Stress Profile (Saliva)



63 Zillicoa Street
Asheville, NC 28801-1074
© Genova Diagnostics

Patient: SAMPLE
PATIENT

Age: 55

Sex: F

MRN: 0000660296

Order Number: XXXXXXXX

Completed: May 29, 2004

Received: May 19, 2004

Collected: May 19, 2004

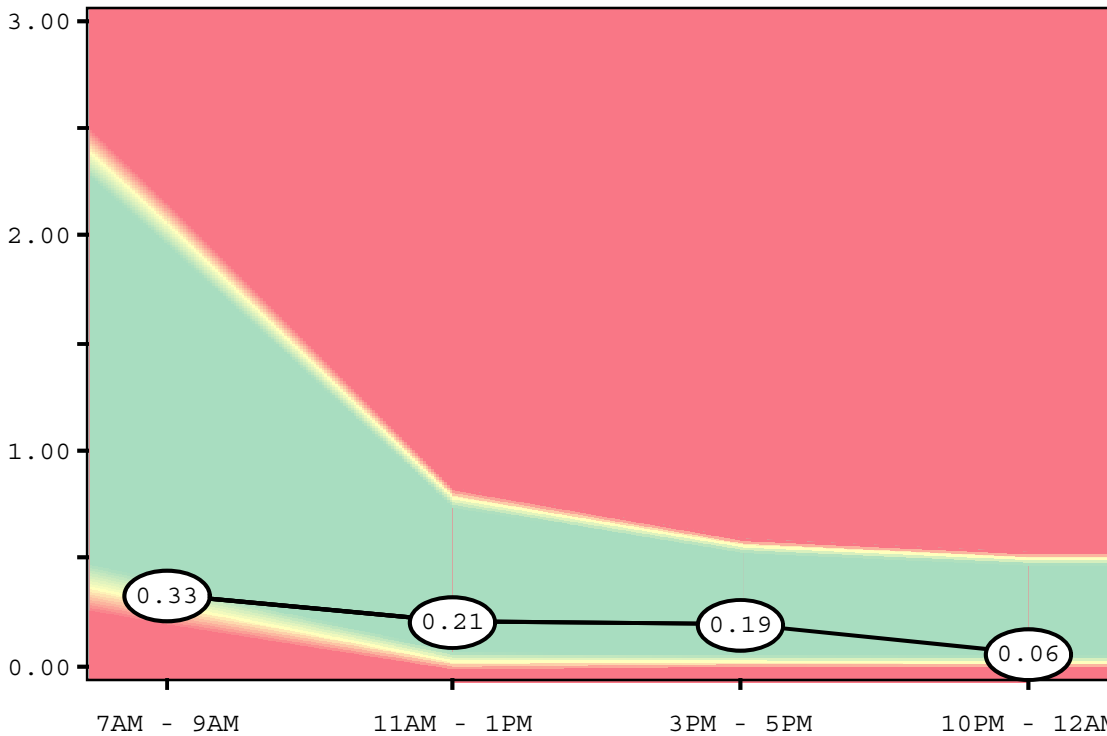
GARY FARR DC

519 Cleveland St

Ste 115

Clearwater, FL 33755

Salivary Cortisol and DHEA



Cortisol

Reference Range

1 Hour After Rising
7AM - 9AM:

0.27-2.06 mcg/dL

11AM - 1PM:

0.03-0.77 mcg/dL

3PM - 5PM:

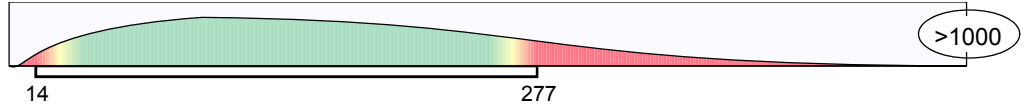
0.03-0.56 mcg/dL

10PM - 12AM:

0.03-0.50 mcg/dL

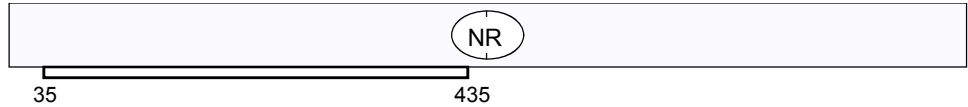
DHEA 7AM - 9AM

Ref Range
pg/mL



DHEA : Cortisol Ratio / 10,000

Ref Range



Histograms are computer-generated illustrations of the expected statistical distribution of values for a large population.

The test for DHEA has been developed and its performance characteristics determined by GSDL, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.

Commentary

Lab Comments

DHEA 7AM - 9AM:

Commentary

DHEA result confirmed by repeat analysis.jdl;5/20/04.

Melatonin 7 AM - 9 AM:

7 a.m. Melatonin result confirmed by repeat analysis.jdl;5/29/04.

Progesterone sample 2:

Previous comment was Day 3 Estradiol result confirmed by repeat analysis.jdl;5/25/04., verified by AK at 09:31 on 05/26/04.

Day 3 Progesterone result confirmed by repeat analysis.jdl;5/25/04.

NR=Non-Reportable due to analyte outside the reportable range.

Commentary is provided to the practitioner for educational purposes, and should not be interpreted as diagnostic or treatment recommendations. Diagnosis and treatment decisions are the responsibility of the practitioner.

For the patient:

This profile measures the levels of cortisol and DHEA and provides an evaluation of how cortisol levels differ throughout the day. Cortisol levels typically peak shortly after rising and are at their lowest after the onset of sleep.

Cortisol is involved in many important functions in your body, including the metabolism and utilization of proteins, carbohydrates and fats, your body's response to physiological or psychological stress, and the control of inflammation and proper blood sugar levels. Cortisol also helps maintain proper blood pressure, normal nerve and brain activity and normal heart and immune function. DHEA also plays a role in the metabolism of protein, carbohydrates and fats, and works with cortisol to help maintain proper blood sugar levels. DHEA helps regulate body weight, blood pressure and immune function, and is used by the body to make the hormones, testosterone and estradiol.

Too much or too little of cortisol or DHEA can lead to illness, and it is important that these two hormones be in balance with each other.

For the physician:

In this profile, the 7-9 AM cortisol level is within the reference range. Because cortisol levels are typically at their peak shortly after awakening, morning cortisol may be a good indicator of peak adrenal gland function. Morning cortisol levels within reference range suggest a component of normal adrenal function with regard to peak circadian activity.

The 11 AM-1 PM cortisol level is within the reference range. Mid-day cortisol levels may be a good indication of adaptive adrenal gland function since they represent the adrenal glands' response to the demands of the first few hours of the day. Mid-day cortisol levels within reference range suggest a component of normal adrenal function in regard to adaptive response.

The 3-5 PM cortisol level is within the reference range. Afternoon cortisol levels may be a good indication of the adrenal glands' ability to help regulate blood sugar, since they represent a postprandial sample. Afternoon levels within the reference range suggest normal adrenal function, especially in the area of glycemic control.

The 10 PM-12 AM cortisol level is within the reference range. Late-night cortisol levels may be a good indication of baseline adrenal gland function since they typically represent the lowest level during the day. Normal late-night cortisol levels suggest normal adrenal function with regard to baseline circadian activity.

DHEA is above the reference range. High DHEA levels are indicative of lowered capacity to endure physiological or psychological stress/trauma/injury, and decreased immune response. High DHEA levels have also been noted with exogenous DHEA supplementation.

The DHEA: cortisol ratio is non-reportable ("NR") due to the fact that either the DHEA or the 7-9 AM cortisol was

Commentary

below the detectable level or above the maximum value that can be measured accurately and reproducibly for this assay. Please refer to the commentary for the individual analytes for clinical analysis.

A pattern showing cortisol levels within reference range with an elevated DHEA is clinically significant. Elevated DHEA suggests adrenal hyperfunction of the zona reticularis. This pattern may be seen in panic disorders or hypoglycemia, and may represent a decreased ability to tolerate physiological or psychological stress. Normal cortisol along with high DHEA has also been noted in DHEA supplementation.