



The most complete line of endocrine testing

Adrenocortex Stress Profile

The **Adrenocortex Stress Profile** is a powerful and precise noninvasive salivary assay that evaluates bioactive levels of the body's important stress hormones, **cortisol** and **DHEA**. This profile serves as a critical tool for uncovering biochemical imbalances underlying anxiety, depression, chronic fatigue, obesity, dysglycemia, and a host of other clinical conditions.

The adrenal hormones cortisol and DHEA function to influence:

- Metabolism
- Anti-inflammatory response
- Thyroid function
- Resistance to stress

Changing the amounts of cortisol and DHEA can profoundly affect:

- Energy levels
- Emotional states
- Resistance to disease
- General sense of well-being

Although both DHEA and cortisol are produced by the adrenal cortex, they exhibit many opposing actions.

Cortisol: Many of cortisol's physiological actions are geared toward the mobilization of reserves. Cortisol is released in large amounts in response to physical, physiological, and/or psychological stress. When stressors persist, the secretion of glucocorticoids can be prolonged, leading to maladaptation of the adrenal cortex and adrenal hyperplasia.

Excess cortisol can adversely affect:

- Bone and muscle tissue
- Cardiovascular function
- Sleep
- Immune defense
- Thyroid function
- Weight control
- Glucose regulation
- Aging

Over time, cortisol secretion can become impaired, resulting in an inability to respond to stress as demonstrated in conditions such as:

- Chronic fatigue
- Allergies
- Menstrual problems
- Arthritis

DHEA, in contrast to cortisol, exerts mostly anabolic actions and balances the body's stress response.

DHEA functions to:

- Provide substrate for the synthesis of sex hormones
- Guard against degenerative conditions associated with aging
- Influence immune function and energy production
- Affect insulin sensitivity, thyroid function, protein synthesis and others.

Imbalances of DHEA have been associated with:

- Impaired immunity
- Depression
- Insulin resistance
- Alzheimer's disease
- Cancer
- Panic disorder
- Obesity
- Cardiovascular disease

•**Analytes:**
DHEA, cortisol

•**Specimen Requirements:**
4 (3ml) saliva samples collected at specific times over a 24-hour period

•**Before Patient Takes this Test:**

- Avoid caffeine, alcohol, and nicotine (on day of test)
- Do not eat, brush or floss teeth, use mouthwash, or chew gum (1 hour before)
- Wash hands before collection
- See instructions inside test kit for details



Genova
Diagnostics®

Improving Healthcare for Chronic Disease



Adrenocortex Stress Profile (Saliva)



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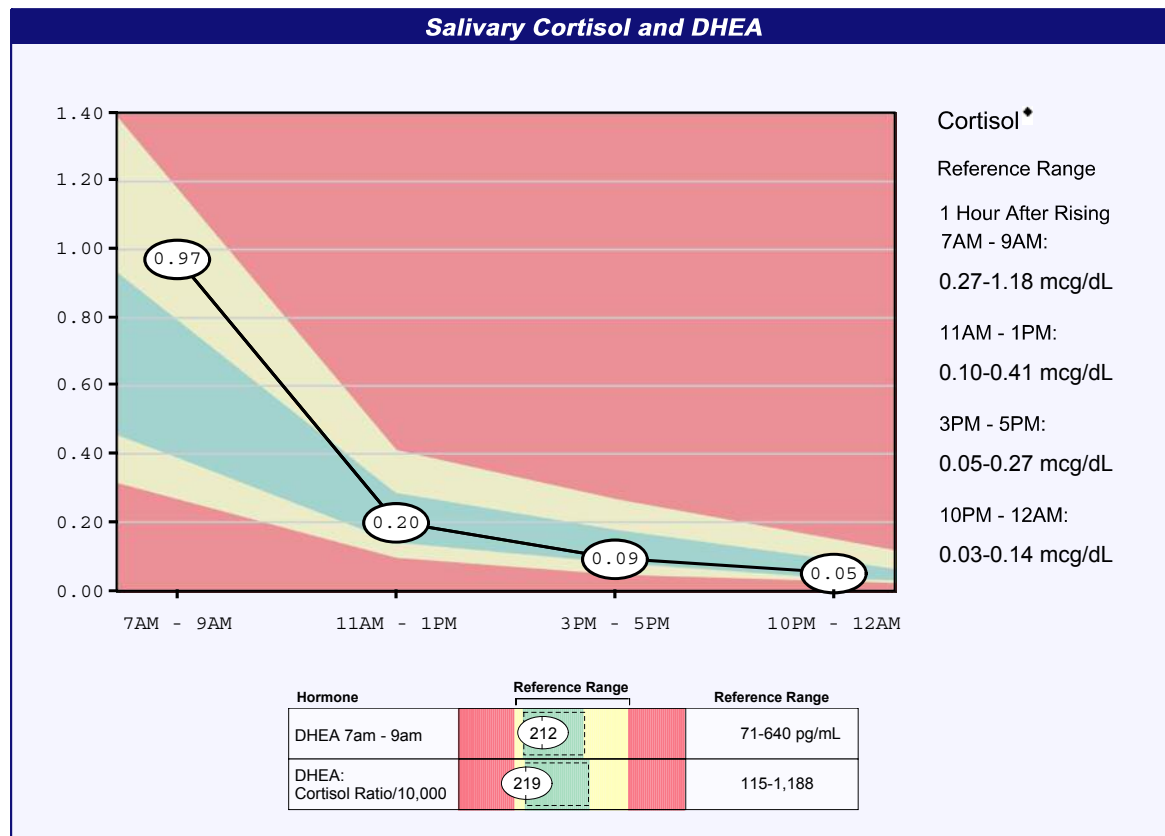
Patient: **SAMPLE PATIENT**

Order Number:
Completed: October 16, 2007
Received: October 12, 2007
Collected: October 09, 2007

Age: 49
Sex: M
MRN:

Clinical Significance:

- **Accurate measurement of cortisol and DHEA is valuable in preventing illness and identifying contributing factors to chronic disorders.**
- **Salivary assessment reflects the *unbound, bioavailable fraction of hormone.* The ease of collection allows for multiple sampling throughout the day, enabling the practitioner to evaluate the circadian rhythm of cortisol.**
- **Customized therapeutic programs based on exercise, diet, stress reduction, and/or supplementation can be implemented based on laboratory results.**



Commentary

Please note that effective October 2007 reference ranges for the following analytes have changed. Cortisol: 1 Hour After Rising from 0.27-2.06 to 0.27-1.18 mcg/dL; 11AM-1PM from 0.03-0.77 to 0.10-0.41 mcg/dL; 3PM-5PM from 0.03-0.56 to 0.05-0.27 mcg/dL; 10PM-12AM from 0.03-0.50 to 0.03-0.14 mcg/dL. DHEA: 1 Hour After Rising from 14-277 to 71-640 pg/mL. DHEA/Cortisol Ratio (X10,000): from 35-435 to 115-1188.

The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted

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For test kits, clinical support, or more information contact:

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More detailed publications with references are also available: www.GDX.net