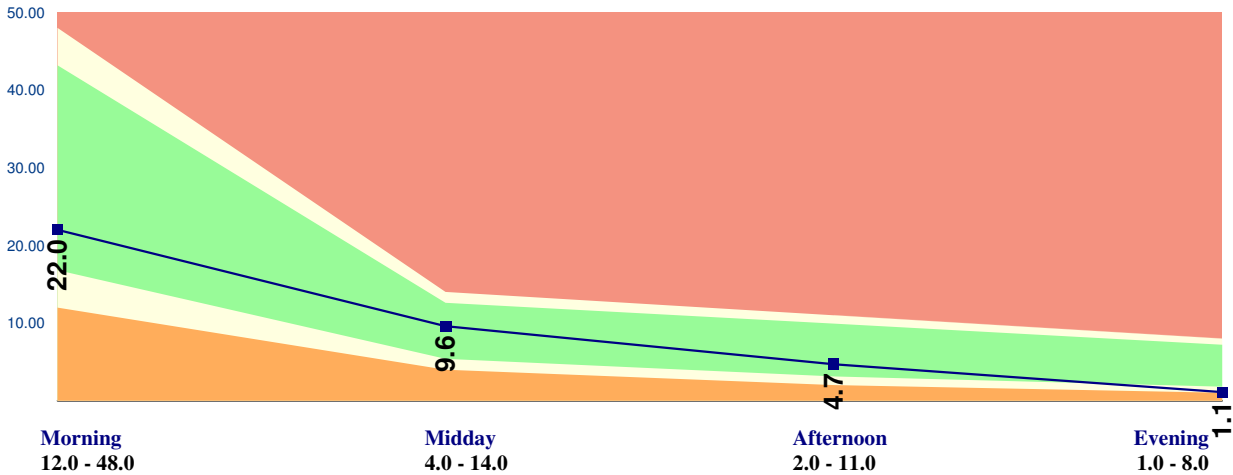




3814060

ADRENOCORTEX STRESS PROFILE



Cortisol Reference Range - nmol/L

Colour Key Ranges :
■ Above
■ Borderline
■ Normal
■ Below

Cortisol Values	Result	Range
Cortisol Profile, Morning	22.0	12.0 - 48.0 nmol/L
Cortisol Profile, Midday	9.6	4.0 - 14.0 nmol/L
Cortisol Profile, Afternoon	4.7	2.0 - 11.0 nmol/L
Cortisol Profile, Evening	1.1	1.0 - 8.0 nmol/L
Cortisol Daily, Total	37.4	11.0 - 76.0 nmol/L
DHEAS Values	Result	Range
DHEAS Profile Morning	12.2	4.0 - 30.0 nmol/L
DHEAS/CORTISOL AM	0.55	0.20 - 0.60 RATIO



SAMPLE REPORT

01-Jan-1990 Male

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Collection Date : 09-May-2022
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Adrenocortex Stress Comments

LOW NORMAL MORNING SALIVA CORTISOL LEVEL:

Saliva morning cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests a degree of adrenal hypofunction, maladaptation/abnormal pacing with abnormal HPAA. If all four cortisol readings are also low, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

Investigate melatonin and GABA levels.

MIDDAY CORTISOL LEVEL IS WITHIN RANGE:

Midday Cortisol level is adequate and within range.

LOW/LOW NORMAL LATE AFTERNOON CORTISOL LEVEL:

Late afternoon cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests suboptimal adrenal functioning, and if accompanied by low evening cortisol and low DHEA, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

LOW EVENING CORTISOL LEVEL:

Saliva evening cortisol levels should be lower than the mean of the range. If all 4 readings in the adrenal stress profile are low, suspect adrenal fatigue, otherwise maladaptation.

LOW NORMAL DHEAS LEVEL:

Saliva DHEAs level is below the mean range and suggestive of the need for supplementation with 25mg of DHEA. Maladaptation if consistently elevated cortisol. Adrenal fatigue if morning and evening cortisol only elevated, or if all markers low.

SALIVA DHEAs/CORTISOL RATIO - NORMAL

The ratio of DHEAs to cortisol is normal. This ratio indicates a relative balance of the adrenal output of androgens and cortisol. Both of the hormones are released in response to ACTH from the pituitary and a normal ratio indicates a balanced function of the hypothalamic-pituitary-adrenal axis.

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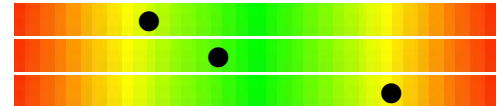
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ENDOCRINOLOGY SALIVA

SALIVA	Result	Range
Male Basic Hormones and Adrenal Stress		
Testosterone.	144.0 *L	155.0 - 620.0pmol/L
Estradiol (E2)	5.0	2.7 - 11.0 pmol/L
Estrone (E1)	47.0	7.7 - 50.0 pmol/L
Saliva Hormone Comments		



** PLEASE NOTE NEW REFERENCE RANGES AS OF 20.08.2021 **

TABLE 1: SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

FEMALE	Progesterone	DHEAS	E2	E1	E3
Pre/menarcheal	90-390		3.1-13	9.5-71	7.7-49
Follicular	90-480		3.1-17	9.5-71	7.7-49
Mid-Cycle	85-590		5.0-22	9.5-71	7.7-49
Luteal	276-1725		3.7-18	9.5-71	7.7-49
Post Menop.	80-820	1.8-18.5	3.7-16	9.0-65	9.0-62
Premenopausal, No OC's		2.5-27.0			
Premenopausal, with OC's		2.0-8.0			
MALE	<230	5.0-32.0	2.7-11	7.7-50	6.6-38

TABLE 2: TARGET REFERENCE RANGES: (ON HRT - 24 to 48 hr post last dose)

	Progesterone	Testosterone	E2	E1	E3
Oral	320-1998		7-73		69-139
Patch	-		4-18	-	-
Cream/Gel	3180-15000	F: 277-867 M: 347-1734	37-184	-	1040-1734

SALIVA E1 level is within range for a male, indicating minimal aromatisation of androgens to E1.

SALIVA E2 level is within range for a male and suggestive of minimal aromatisation of androgens. Prudent to check E1 levels as well on males especially if the BMI is >30.

LOW TESTOSTERONE LEVEL:

Saliva Free testosterone levels are low and suggestive of the need for supplementation with 5% transdermal testosterone.

Tests ordered: MALSAD

FINAL REPORT on 13 May 2022

(*) Result outside normal reference range

(L) Result is below lower limit of reference range