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
• Menstrual problems
• Arthritis

Over time, cortisol secretion can become impaired, resulting in an inability to respond to stress as demonstrated in conditions such as:
• Chronic fatigue
• Allergies
• Impaired immunity
• Depression
• Insulin resistance
• Alzheimers disease
• Cancer
• Panic disorder
• Obesity
• Cardiovascular disease

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
• Alzheimers 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
**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.