A Critical Tool For Revealing Adrenal Hormone Imbalances

The Adrenal Stress Profile is a convenient, noninvasive salivary assay that evaluates the bioactive levels and interrelationship of the body’s important stress hormones, cortisol and DHEA. This profile serves as an insightful tool for uncovering biochemical imbalances that can be associated with anxiety, depression, chronic fatigue, obesity, dysglycemia, and a host of other clinical conditions.

**Cortisol:**
Cortisol is released in large amounts in response to physical, physiological, and/or psychological stressors. A glucocorticoid response that is elevated, extended, or inadequate can impair a person’s adaptation to stress, increase or decrease HPA-axis activity and is considered a health risk. Due to the circadian pattern of cortisol release, sequential timed measurements of cortisol provide the best tracking of overall cortisol production.

**DHEA:**
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, guards against degenerative conditions associated with aging, influences immune function and energy production, and affects insulin sensitivity, thyroid function, and protein synthesis.

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

**Why Use the Adrenal Stress Profile?**

Imbalances in the adrenal hormones cortisol and DHEA can adversely affect:
- Mood
- Sleep
- Immune Defense
- Thyroid Function

- Weight Control
- Resistance to Stress
- Energy
- Cardiovascular Health

The Adrenal Stress Profile uncovers abnormal patterns of cortisol release that can be addressed with customised therapeutic interventions.

- Hormone Therapy - Cortisol, DHEA, and Melatonin
- Targeted Supplementation - Nutrient and botanical support
- Dietary/Lifestyle Changes
  - Adequate protein/slow-release carbohydrate diet
  - Stress-reduction techniques
  - Exercise
- Four easy at home salivary samples collected throughout the day allow for circadian rhythm assessment of cortisol release along with DHEA.
Salivary Cortisol and DHEA

**Cortisol Levels**

<table>
<thead>
<tr>
<th>Sample Description</th>
<th>Level (nmol/L)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample 1 Post Awakening</td>
<td>11.37</td>
</tr>
<tr>
<td>Sample 2 (+ 4 - 5 Hours)</td>
<td>1.82</td>
</tr>
<tr>
<td>Sample 3 (+ 4 - 5 Hours)</td>
<td>2.59</td>
</tr>
<tr>
<td>Sample 4 (Prior to Sleep)</td>
<td>1.38</td>
</tr>
<tr>
<td>Sum of Cortisol</td>
<td>17.160</td>
</tr>
</tbody>
</table>

**DHEA Level**

<table>
<thead>
<tr>
<th>DHEA : Cortisol Ratio</th>
<th>Level (nmol/L)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.02</td>
<td>0.05-0.32</td>
</tr>
</tbody>
</table>

Testing performed by Genova Diagnostics, Inc. 63 Zillicoa St., Asheville, NC 28801-0174

**Specimen Requirements**
- 4 saliva samples (5ml) collected at specific times over a 24-hour period (frozen)

**Value-added Services**
- www.gdx.net/uk
  - Medical Education Specialists Support
  - Online Resources
  - Educational Webinars
  - Convenient Billing Options

**Related Profiles:**
- Male Hormonal Health™
- Menopause Plus™
- Comprehensive Thyroid Assessment
- Rhythm Plus™
- Essential Estrogens™

Turnaround times, sample reports, and additional information is available online at www.gdx.net/uk