



The most complete line of endocrine testing

## Adrenal Stress Profile

sample type: **SALIVA**

The **Adrenal 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, dysglycaemia, and a host of other clinical conditions.

### The adrenal hormones cortisol and DHEA function to influence:

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

### Changing the amounts of cortisol and DHEA can profoundly affect:

- Energy levels
- Resistance to disease
- Emotional states
- 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 mobilisation 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
- Thyroid function
- Cardiovascular function
- Weight control
- Sleep
- Glucose regulation
- Immune defense (reduced SIgA)
- Aging

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

- Chronic fatigue
- Menstrual problems
- Allergies
- 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
- Cancer
- Depression
- Panic disorder
- Insulin resistance
- Obesity
- Alzheimers disease
- Cardiovascular disease

- **Analytes:**  
DHEA  
cortisol  
Secretory IgA (Comprehensive)

- **Specimen Requirement:**  
4 (2ml) saliva samples collected at specific times over a 24-hour period

- **Before Taking 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®  
Europe

Innovative Testing for Optimal Health

Accession No:



## Comprehensive Adrenal Stress Profile (Saliva)

### Practitioner Details

Genova Diagnostics ( Europe )  
Parkgate House  
356 West Barnes Lane  
New Malden  
Surrey  
KT3 6NB

### Patient Details

Ms Sample Report  
Parkgate House  
356 West Barnes Lane  
New Malden  
Surrey  
KT3 6NB

Client ID No: **IWX500220**

Accession No:

Patients DOB: 02/03/1975

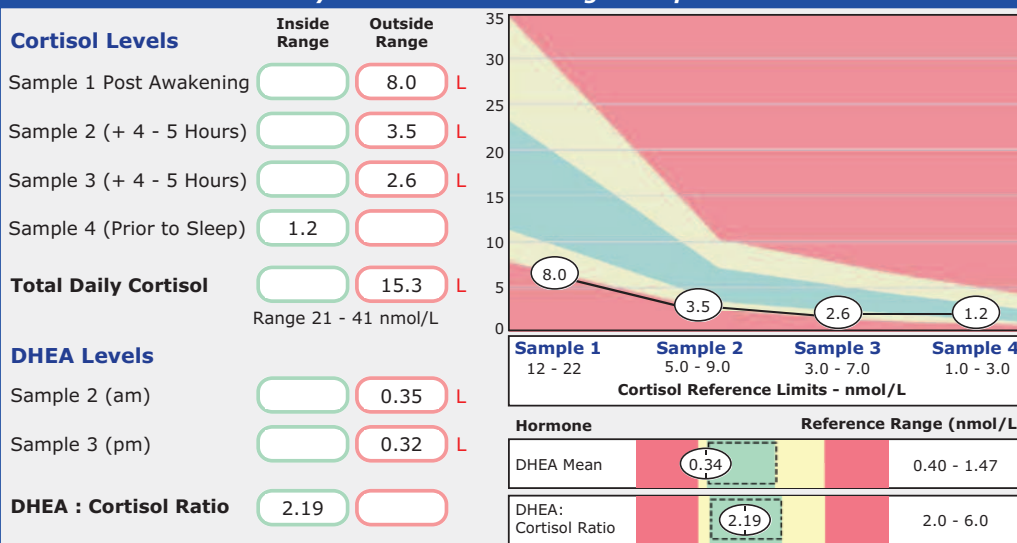
Sample Date:

Date Of Report: 08/05/2008

### 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.
- **Customised therapeutic programs** based on exercise, diet, stress reduction, and/or supplementation can be implemented based on laboratory results.

### Salivary Cortisol and DHEA - Age Group 14 - 40



### Adrenal Stress Stage

Exhaustion Stage: This is generally a state of insufficient production of adrenal hormones after multiple years of persistent stressors with insufficient coping mechanisms. Patients usually present with fatigue, poor energy and immune system hypofunction. They may exhibit chronic anxiety. In some patients this represents impaired response to shorter-term stressors (i.e. overreactivity to short term stress). Adrenal support and restoration measures, as well as identification and balancing of major stressors are indicated. This state should not be confused with Addison's disease, which is a near absence of adrenal hormones, and is a medical emergency.

### Secretory IgA Results

Analyte	Result	Units	Normal Range	Optimal Range
Secretory IgA	75.2 L	µg/mL	118 - 641	130 - 471

Analyte	Reference Range (µg/mL)
SIgA Mean	75.2

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

Genova Diagnostics, Europe  
Parkgate House  
356 West Barnes Lane  
New Malden  
Surrey  
KT3 6NB

+44 (0)20 8336 7750 • Fax: +44 (0)20 8336 7751

More detailed publications with references are also available: [www.GDXuk.net](http://www.GDXuk.net)