



**TEST ID:** Adrenal Stress Profile  
**DESCRIPTION:** Salivary Hormone Profile for Cortisol and DHEA-S

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#### COMPONENTS

Cortisol x 5 (option for 6<sup>th</sup> collection)  
DHEA-S

#### CLINICAL USE

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The Adrenal Stress Profile can detect imbalances in the daily circadian secretions of the stress hormones cortisol and DHEA. These imbalances may negatively impact energy levels and lead to other health related issues such as anxiety, chronic inflammatory conditions, chronic fatigue syndrome, depression, insomnia, migraines and infertility.

Since stress and the inflammation it can cause are major underlying factors in so many chronic diseases, checking the circadian deviation from the normal amounts rhythmically secreted can be a window into how well the body is managing this critical component of chronic illness. Both Cortisol and DHEA affect carbohydrate, lipid and protein metabolism, DHEA also serves as the steroidogenic metabolic intermediate in the formation of the sex hormones from progesterone to testosterone and estradiol.

#### SPECIMEN INFORMATION

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##### COLLECTION

5 (optional 6<sup>th</sup>) saliva collections at specific times over the course of 24 hours. Use saliva collection tubes included in kit.

##### SPECIMEN STABILITY

Freeze Prior to Shipping - Must be received within 24 hrs (Optimal) to 48 hrs of collection

##### REJECTION CRITERIA

Samples that are contaminated with blood will give falsely elevated hormone levels.

#### METHOD

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ELISA

#### RESULT INTERPRETATION

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#### CPT CODES

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Cortisol 82530  
DHEA-S 82627

#### REFERENCES

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Physiological and pathological variations in saliva cortisol Guechot J, Fiet J, Passa P, et al.. Horm Res. 1982;16(6):357-364.  
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