



Adrenal Hormone Report; saliva



Order: 180921-0432



Client #: 22225

Doctor: Erlo Roth, MD

Lab Qc- Give Reports To Quality Department
3755 Illinois Ave
St. Charles, IL 60176 USA

Patient: Car Test

Id: P182640320

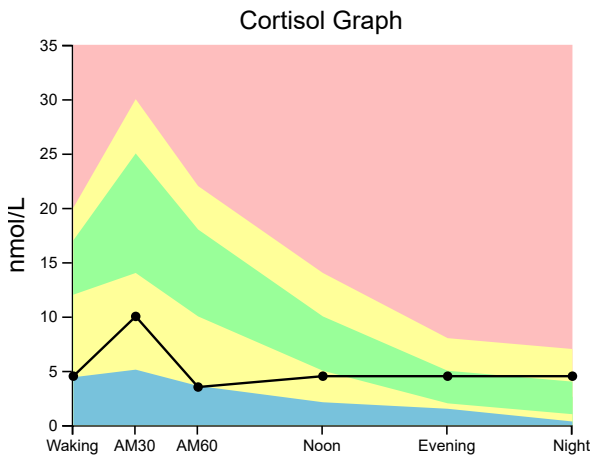
Age: 39 DOB: 12/04/1978

Sex: Female

Menopausal Status: Pre-menopausal

Sample Collection	Date/Time
Date Collected	09/20/2018
Waking	09/20/2018 0730
AM30	09/20/2018 0800
AM60	09/20/2018 0830
Noon	09/20/2018 1100
Evening	09/20/2018 1700
Night	09/20/2018 2200
Date Received	09/21/2018
Date Reported	10/10/2018

Analyte	Result	Unit	L	WRI	H	Optimal Range	Reference Interval
Cortisol Waking	4.5	nmol/L		Yellow		12.0 - 17.0	4.4 - 20.0
Cortisol AM30	10	nmol/L		Yellow		14.0 - 25.0	5.1 - 30.0
Cortisol AM60	3.5	nmol/L	Blue Arrow			10.0 - 18.0	3.6 - 22.0
CAR Rise (Calculated)	122.2	%			Red Arrow		35 - 60
CAR Decline (Calculated)	-22.22	%		Green			-33 - 0
Cortisol Noon	4.5	nmol/L		Yellow		5.0 - 10.0	2.1 - 14.0
Cortisol Evening	4.5	nmol/L		Green		2.0 - 5.0	1.5 - 8.0
Cortisol Night	4.5	nmol/L			Yellow	1.0 - 4.0	0.33 - 7.0
DHEA*	190	pg/mL		Green			106 - 300



Hormone Comments:

- The suboptimal diurnal cortisol pattern is suggestive of evolving (Phase 2) HPA axis (adrenal gland) dysfunction.
- Cortisol Awakening Response (CAR) is the expected maximum rise in cortisol levels observed at 30 minutes (AM30) post awakening (approximately 35-60% above the waking value). This is followed by an expected decline sixty minutes after waking. The behavior of cortisol is a critical marker to understand the HPA axis' physiologic responsiveness and is a key indicator of HPA axis adaptability and reactivity.
- This patient's CAR rise (from waking to AM 30) is greater than expected.
- This patient's CAR decline (AM 30 to AM 60) falls within the expected reference range.

Adrenal Phase: 2



Notes:

Saliva Collection - Morning (AM 60): 09/20/2018 8:00AM Saliva Collection - Waking (AM 0): 09/20/2018 7:30AM Saliva Collection - Morning (AM 30): 09/20/2018 8:30AM

RI= Reference Interval, L (blue)= Low (below RI), WRI (green)= Within RI (optimal), WRI (yellow)= Within RI (not optimal), H (red)= High (above RI)

The current samples are routinely held three weeks from receipt for additional testing.

*This test was developed and its performance characteristics determined by Doctor's Data, Inc. The FDA has not approved or cleared this test; however, FDA clearance or approval is not currently required for clinical use. The results are not intended to be used as the sole means for clinical diagnosis or patient management decisions.

Methodology: Enzyme Immunoassay



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Table with 2 columns: Sample Collection, Date/Time. Rows include Date Collected, Waking, AM30, AM60, Noon, Evening, Night, Date Received, Date Reported.

Table with 7 columns: Analyte, Result, Unit, L, WRI, H, Reference Interval, Supplementation Range**. Rows include Estradiol (E2), Progesterone (Pg), Pg/E2 Ratio, Testosterone, DHEA*.

Hormone Comments:

- Progesterone to estradiol (Pg/E2) ratio is consistent with progesterone insufficiency (estrogen dominance).
Low testosterone may relate to increased risk of osteoporosis, low libido, vaginal dryness and heart disease.

Notes: Saliva Collection - Morning (AM 60): 09/20/2018 8:00AM Saliva Collection - Waking (AM 0): 09/20/2018 7:30AM Saliva Collection - Morning (AM 30): 09/20/2018 8:30AM
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**If supplementation is reported then the supplementation ranges will be graphed.

**NO
SURVEY
RECEIVED**

