

Accession: 21-37080
 Phone: (707) 347-9540
 Fax:

Received: 10/11/2021
 Completed: 10/14/2021
 Reported: 10/14/2021

NLASI - Custom Adrenal Stress Index - Saliva

Test	Description	Result	Ref Values
TAP	Cortisol rhythm (saliva)		Adults:
	06:00 - 08:00 AM	16 Normal	13-24 nM
	11:00 - 1:00 PM	5 Normal	5-10 nM
	04:00 - 05:00 PM	3 Normal	3-8 nM
	10:00 - Midnight	2 Normal	1-4 nM

Total Cortisol Output: 26 22-46 nM
 The Total Cortisol Output is the sum of all cortisol values. Elevated values may indicate hypercortisolism or exogenous exposure, and low values suggest adrenal hypofunction.

Figure 1:
 The cortisol inducers fall into five broad categories shown in the adjacent flowchart. For optimization of the hypothalamic-pituitary-adrenal (HPA) axis, all cortisol inducers should be examined and addressed.

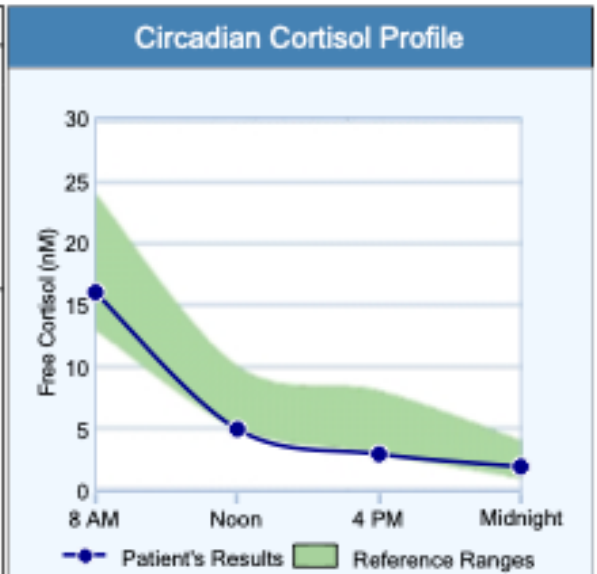
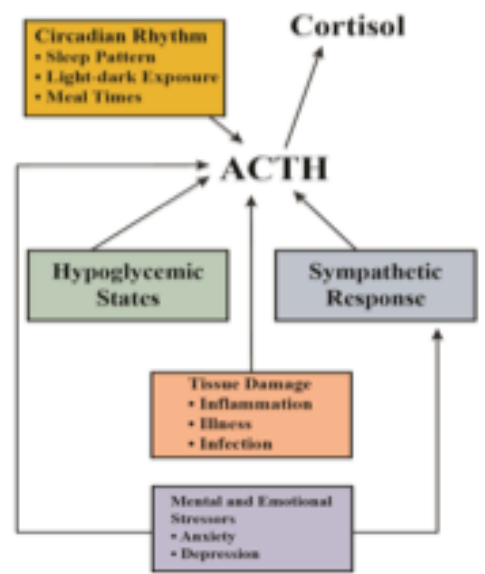


Figure 1:
Inducers of Cortisol Release
 Inducers below must be individually examined for successful restoration of adrenals.



Test	Description	Result	Ref Values
DHEA	Dehydroepiandrosterone [DHEA + DHEA-S] (saliva)	3 Borderline	Adults: 3-10 ng/ml
<p>According to the general adaptation syndrome theory originally described by endocrinologist Hans Selye, there are three primary phases to the stress response: 1) alarm reaction, 2) resistance, and 3) exhaustion. Alternately, the stress response may be assessed as a series of stages (or "zones") according to the relative production of cortisol and DHEA. To assess this cortisol-DHEA correlation, the DHEA value is graphed against the average of the noon and afternoon cortisol values, allowing the patient to be characterized according to the zone into which he or she falls.</p> <p>Figure 2 shows your Cortisol-DHEA correlation was in:</p> <p>Reference zone</p> <p>Individuals with results in the reference zone display a relative balance in average cortisol (noon and afternoon) and DHEA values. Being in the reference zone does not preclude other manifestations of suboptimal adrenal function such as fluctuating cortisol values (elevated and depressed during one day), or impaired circadian rhythm (particularly involving morning or bedtime cortisol production).</p>			

Figure 2: Cortisol-DHEA Correlation



CORTISOL-DHEA CORRELATION SPECTRUM

1. Acute stress response: high cort, DHEA
2. Cortisol elevation
3. High cortisol, low DHEA
4. Depressed DHEA
5. Depressed cortisol
6. Low cortisol, high DHEA
7. DHEA elevation
8. Adrenal hypofunction: low cort, DHEA

Diagnosis Code(s): Not Provided To The Lab

Results and comments above are intended for informational purposes and should not be construed as medical advice. Use this report in context of the clinical picture and patient history before initiating any treatment.

For additional resources, including testing guidelines, result interpretation, and treatment protocols, please login to our website at www.diagnostechs.com and select Resources -> Provider Tools.

COURTESY INTERPRETATION of test and technical support are available upon request, to Physicians Only.