

ADRENALS & FEMALE HORMONE BLOOD SPOT

Lifestyle, physical and psychological stresses put constant demands on the adrenal glands. If they get depleted adrenal fatigue or insufficiency may be experienced. Symptoms include fatigue, hypotension, and lowered resistance to stress, salt cravings, hypoglycaemia, and lowered immunity. Assessing cortisol, DHEA and other adrenal hormone levels may help to identify these patients and will assist effective therapy.

Hormone imbalances are associated with numerous symptoms and health conditions. Assessing and diagnosing these changes are important to decrease unnecessary suffering and prevent degenerative diseases. Female hormones fluctuate through a menstrual cycle and at various times of a woman's life. Imbalances in hormones are associated with PMS, menopause and more complex conditions like PCOS and endometriosis.

*This test provides a focused overview of the adrenal and female hormones: **Salivary DHEAs and Cortisol, and Estradiol (E2), Progesterone, Testosterone, SHBG, FSH, LH via blood spot***

SYMPTOMS AND CONDITIONS ASSOCIATED WITH HORMONE IMBALANCES	
Low sex drive	Insomnia and sleep disturbances
Depression and irritability	Cancer
Fatigue	Hair thinning and loss
Weight gain and decreased muscle tone	Osteoporosis
Memory loss, foggy thinking & Alzheimer's	Cardiovascular disease

Stress, Hormones and Aging

Lifestyle, physical and psychological pressure puts constant demands on the adrenal glands. Although they are designed to cope with stress, changing physiological functions to deal with the 'fight or flight', the adrenal glands suffer in today's high stress society. Most individuals however who have depleted adrenal glands are not medical emergencies. They just go through life with fatigue, not knowing what is wrong with them. These people may be suffering from adrenal fatigue which is also known as hypoadrenia, subclinical hypoadrenia, subclinical adrenal exhaustion or adrenal insufficiency.

Hormones are powerful molecules that are essential for life. Imbalances of hormones affects other organ systems like the adrenals, thyroid and nervous system. What many people fail to recognise however, is that partial deficiencies also have a wide reaching negative effect on the human body. This is understandable however, when a hormone's mechanism of action is understood.

Aging is one process which is associated with hormone decline. In the past it was thought that this reduction was a normal consequence of the aging process. However, more recently an alternative theory has been proposed; that hormones do not decrease because we age, but rather we age because our hormones decrease.

SYMPTOMS AND CONDITIONS ASSOCIATED WITH ADRENAL INSUFFICIENCY

Anxiety	Hypoglycemia
Alcoholism and drug addiction	Lack of stamina
Asthma, colds and other respiratory disorders	Mild depression
Allergies	Muscle weakness
Brain fog	Post-Traumatic Stress Syndrome
Chronic Fatigue Syndrome	Postural hypotension
Decreased ability to handle stress	Premenstrual syndrome and menopausal symptoms
Decreased immunity	Rheumatoid arthritis
Fatigue	Salt cravings
Flu-like symptoms	Sexual dysfunction
General lethargy	Where corticosteroids are involved in treatment

Blood and Saliva Testing

Blood spot is capillary blood obtaining from pricking the skin to draw drops of blood. Saliva testing is safe, effective and easy to use test. Saliva measure free and available hormones.

ADVANTAGES OF BLOOD SPOT AND SALIVA TESTING

Measures the free, bioavailable fraction of hormones
No blood draw required
Do-it-yourself at home collection offers ease of collection for patient
Collection times can be optimized, either at various times in a day or frequently
Blood spot provides results which correlate with conventional blood draw

ADRENAL & FEMALE HORMONE BLOOD SPOT [Test code: 1414]

- ❖ Saliva: DHEAs (6-8am), Cortisol (6-8am, noon, 4pm, 8pm)
- ❖ Bloodspot: Estradiol (E2), Progesterone, Testosterone, SHBG, FSH, LH

Other adrenal and female hormone tests available

- **Adrenocortex Stress & Female Basic [1010]:** DHEAs, Cortisol (6-8am, 12noon, 4pm, 8pm); E1, E2, E3, Progesterone, Testosterone, ratios
- **Adrenocortex Stress Profile – Basic (saliva) [1001]:** DHEAs, Cortisol (6-8am, 12noon, 4pm, 8pm)
- **Female Cycle (28 Day) Hormone Profile (saliva) [1005]:** 11x E2, 11x Progesterone day 3, 5, 8, 11, 12, 14, 16, 18, 20, 23, 28; Testosterone day 11
- **Female Hormone Profile – Basic (saliva) [1005]:** DHEAs, E1, E2, E3, Progesterone, Testosterone, ratios
- **Female Hormone Profile – Extensive (saliva) [1006]:** DHEAs, E1, E2, E3, Progesterone, Testosterone, Androstenedione, ratios
- **Female Hormone Profile (serum) [1104]:** E1, E2, E3, FSH, LH, Progesterone, Prolactin, SHBG, Testosterone, free Testosterone
- **Estrogen Metabolites - Level 1 (spot & 24 hour urine):** 2OHE1, 16 α OHE1, 2:16 ratio
- **Estrogen Metabolites - Level 2 (spot & 24 hour urine):** 2OHE1, 16 α OHE1, 2:16 ratio; 4OHE1
- **Estrogen Metabolites - Level 3 (24 hour urine) [1209]:** 2OHE1, 16 α OHE1, 2:16 ratio, 4OHE1; 2OMeE1, 4MeOE1, 2OHE1:2OMeE1, 4OHE1:4OMeE1 ratios
- **Estrogens Profile (spot & 24 hour urine):** E1, E2, E3, 2OHE1, 16 α OHE1, 2:16 ratio; 4OHE1
- **Female Hormone Profile - Extensive (24 hour urine) [1213]:** T4, T3, T4/T3 ratios, Cortisol, DHEA, Testosterone, Progesterone, E1, E2, E3; 17-ketosteroids, Total OH corticoids, ratios, Allo-tetrahydrocortisol, Tetrahydrocortisol, Tetrahydrocortisone, Tetrahydrodeoxycortisol, Aldosterone, Androsterone, Etiocholanolone, 11OH-androsterone, 11OH-etiocholanolone, 11-ketoetiocholanone, 11-ketoandrosterone, Pregnanetriol (Pregnenolone), DHT metabolite, 2OHE1, 16 α OHE1, 2:16 ratio, 4OHE1, Melatonin, Growth hormone, Na, Ca, P, K, Mg, Cr
- **Female Hormone Blood Spot – Basic [1401]:** Estradiol (E2), Progesterone, Testosterone, SHBG, DHEAs, Cortisol
- **Advanced Hormones Dried Urine [1501]:** Estradiol, Estrone, Estriol, 2OHE2, 2OHE1, 4OHE2, 4OHE1, 16 α OHE1, 2MeOE2, 2MeOE1, 4MeOE2, 4MeOE1; Pregnanediol, Allopregnanolone, Allopregnanediol, 3 α -Dihydroprogesterone, 20 α -Dihydroprogesterone, Dexamethasone, Corticosterone; Testosterone, Epi-Testosterone, 5 α -DHT, Androstenedione, DHEA, 5 α ,3 α -Androstenediol; Total Cortisol, Free Cortisol (x4), Total Cortisone, Free Cortisone (x4), Tetrahydrocortisol, Tetrahydrocortisone; Melatonin
- **Intermediate Hormones Dried Urine [1502]:** Estradiol, Estrone, Estriol, 2OHE1, 4OHE2, 4OHE1, 16 α OH E1, 2MeOE1, 4MeOE2; Pregnanediol, Allopregnanolone; Testosterone, Epi-Testosterone, 5 α -DHT, Androstenedione, DHEA; Total Cortisol, Free Cortisol (x4), Total Cortisone, Free Cortisone (x4), Tetrahydrocortisol, Tetrahydrocortisone; Melatonin
- **Adrenal Hormone Profile - Level 1 (spot & 24 hour urine):** Cortisol, DHEA, 17-Keto steroids, Total OH Corticoids, ratios
- **Adrenal Hormone Profile - Level 2 (spot & 24 hour urine):** Cortisol, DHEA, 17-Keto steroids, Total OH Corticoids, ratios, Aldosterone, Pregnanetriol (Pregnenolone).
- **Adrenal Hormone Profile - Level 3 (24 hour urine) [1203]:** Cortisol, DHEA, 17-Keto steroids, Total OH Corticoids, Ratios, Aldosterone, Androsterone, Etiocholanolone, 11-OH-Androsterone, 11-OH-Etiocholanolone, 11-Ketoetiocholanone, 11-Ketoandrosterone, Pregnanetriol (Pregnenolone).
- **Anabolic/Catabolic Index (spot & 24 hour urine):** 17-Keto steroids, Total OH Corticoids, ratios.
- **Cortisol & Cortisol Binding Globulin Test (serum) [1102]:** Cortisol, Cortisol Binding Globulin, Free Cortisol Index.

How to order a test kit:

To order a test kit simply request the test name and/or test code on a NutriPATH request form test code and have the patient phone NutriPATH Customer Service on 1300 688 522.



Phone 1300 688 522 for further details
www.nutripath.com.au