



CORTISOL PROFILE - Test Code 1003



Turnaround Time: 3-5 business days



Specimen Type: 4 x 5ml
Saliva tubes

Description

In today's fast-paced world, lifestyle, physical, and psychological stresses impose constant demands on the adrenal glands. Prolonged stress can lead to adrenal fatigue or insufficiency, resulting in symptoms such as fatigue, low blood pressure, salt cravings, hypoglycaemia, and weakened immunity (James et al., 2023). Adrenal insufficiency is often linked to conditions like chronic fatigue syndrome, allergies, rheumatoid arthritis, post-traumatic stress syndrome, and anorexia, as well as diseases treated with corticosteroids.

Understanding the impact of stress on our bodies is crucial. Unlike our ancestors, who faced environmental threats, modern stressors include work pressures, financial worries, and interpersonal conflicts. This constant pressure can overwhelm the adrenal glands, designed to manage 'fight or flight' responses, leading to conditions such as Addison's disease in severe cases, a rare but potentially life-threatening disorder (James et al., 2023).

Many individuals with depleted adrenal function may not realise they have a problem, often attributing their fatigue to normal life stress. Assessing cortisol and other adrenal hormone levels can help identify these patients and guide effective treatment.

Whats included?

- Cortisol 6-8am, 12 noon, 4pm and 8pm

Conditions and Symptoms

- Anxiety and depression
- Fatigue and lethargy
- Decreased immunity
- Salt and sugar cravings
- Muscle weakness
- High stress lifestyle

Complementary Testing

- Female Hormone Profile Basic (Test code 1005) or Male Hormone Profile Basic (Test code 1007)
- Sleep Profile – Extensive (Test code 1013)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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*See NATA and CLIA website for further details