

ANABOLIC/CATABOLIC INDEX (spot urine)

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. Adrenal insufficiency frequently plays a role in conditions such as chronic fatigue syndrome, allergies, rheumatoid arthritis, post-traumatic stress syndrome, anorexia and most diseases for which corticosteroids are involved in the treatment. Assessing cortisol, DHEA and other adrenal hormone levels may help to identify these patients and will assist effective therapy.

Adrenal Stress

In the 21st century, stress for many individuals has become a common part of everyday life. As opposed to our early ancestors, who would have viewed stress in terms of heat, altitude, famine or predators, the stress that we commonly experience involves work demands, time pressures, conflicts, toxins, divorce and debt. This 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.

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 (fluctuates throughout the day, morning fatigue, energy at night)	Salt cravings
Flu-like symptoms	Sexual dysfunction
General lethargy	Most diseases for which corticosteroids are involved in the treatment

Anabolic & Catabolic steroids

Anabolic steroids build muscle mass. They are related to male sex hormones and are used to treat conditions associated with significant muscle loss. Anabolic steroids are often used inappropriately by bodybuilders or athletes to enhance physical stature and performance. Excessive use of anabolic steroids may be associated with hypertension, stunted growth in adolescents, liver disease, heart problems, breast growth and atrophy of testicles in men, body hair growth in women, acne and aggressive behaviour.

Catabolic steroids or corticosteroids break down muscle mass. The most common corticosteroid produced by the adrenal gland is cortisol. Cortisone is used as an anti-inflammatory in skin, chest conditions and in auto-immune diseases. Catabolic steroids can have serious side effects, including hypertension, diabetes, increased risk of infection, cataracts, osteoporosis, muscle weakness, weight gain, water retention and mood changes.

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- ❖ 17-keto steroids, Total OH corticoids, ratios.

Other adrenal function tests available

- **Anabolic/Catabolic Index (24 hour urine) [1205]:** 17-keto steroids, Total OH corticoids, ratios.
- **Adrenal Hormone Profile: Level 1 (24 hour or spot urine):** Cortisol, DHEA, 17-keto steroids, Total OH corticoids, ratios
- **Adrenal Hormone Profile: Level 2 (24 hour or spot urine):** Cortisol, DHEA, 17-keto steroids, Total OH corticoids, ratios, Aldosterone, Pregnenetriol (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, Pregnenetriol (Pregnenolone).
- **Adrenocortex Stress Profile - Basic (saliva) [1001]:** DHEAs 6-8am, Cortisol 6-8am, 12noon, 4pm, 8pm.
- **Cortisol Profile (serum) [1102]:** Cortisol, Cortisol Binding Globulin, Free Cortisol Index.
- **Cortisol Profile (saliva) [1003]:** Cortisol 6-8am, Cortisol 12 noon, Cortisol 4pm, Cortisol 8pm.

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 and have the patient phone NutriPATH Customer Service on 1300 688 522.



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