



SAMPLE REPORT

09-May-1990 Female

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16 HARKER STREET
BURWOOD VIC 3125

Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125

LAB ID : 3814051
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814051

ENDOCRINOLOGY SALIVA

SALIVA	Result	Range	Units	
Cortisol Morning	15.40	12.00 - 48.00	nmol/L	
Cortisol Noon	4.20	4.00 - 14.00	nmol/L	
Cortisol Afternoon	3.80	2.00 - 11.00	nmol/L	
Cortisol Night	5.10 *H	1.00 - 5.00	nmol/L	

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang

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Saliva Hormone Comments

** PLEASE NOTE NEW REFERENCE RANGES AS OF 20.08.2021 **

TABLE 1: SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

FEMALE	Progesterone	DHEAS	E2	E1	E3
Pre/menarcheal	90-390		3.1-13	9.5-71	7.7-49
Follicular	90-480		3.1-17	9.5-71	7.7-49
Mid-Cycle	85-590		5.0-22	9.5-71	7.7-49
Luteal	276-1725		3.7-18	9.5-71	7.7-49
Post Menop.	80-820	1.8-18.5	3.7-16	9.0-65	9.0-62
Premenopausal, No OC's		2.5-27.0			
Premenopausal, with OC's		2.0-8.0			
MALE	<230	5.0-32.0	2.7-11	7.7-50	6.6-38

TABLE 2: TARGET REFERENCE RANGES: (ON HRT - 24 to 48 hr post last dose)

	Progesterone	Testosterone	E2	E1	E3
Oral	320-1998		7-73		69-139
Patch	-		4-18	-	-
Cream/Gel	3180-15000	F: 277-867 M: 347-1734	37-184	-	1040-1734

EVENING CORTISOL LEVEL WITHIN RANGE:

Saliva evening cortisol level is normal and within range.

LOW/LOW NORMAL MORNING SALIVA CORTISOL LEVEL:

Saliva cortisol level is below the mean range and suggests possible adrenal insufficiency. This also suggests a degree of adrenal hypofunction, maladaptation/abnormal pacing with abnormal HPAA. If all four cortisol readings are also low, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support. In this instance if the Cortisol level does not improve, suggest using Cortisol Acetate/Hydrocortisone supplementation for short interval. Cortisone acetate has a half life of only 4-6 hours. Suggest doses of 20mg in the AM, 10mg midday and 10mg afternoon for a period of up to 3 months and then review levels.

LOW/LOW NORMAL LATE AFTERNOON CORTISOL LEVEL:

Late afternoon cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests suboptimal adrenal functioning, and if accompanied by low evening cortisol and low DHEA, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

Tests ordered: CORTMORN,CORTNOON,CORTAFT,CORTNITE

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang