



## ALDOSTERONE/ RENIN - Test Code 1101



Turnaround Time: 2 business days



Specimen Type: 2 x EDTA Plasma (DRY ICE)

### Description

Aldosterone and renin are vital components of your body's system that regulates blood pressure and fluid balance. Aldosterone is a hormone produced by the adrenal glands that helps control sodium and potassium levels (Triebel & Castrop, 2024). When aldosterone is released, it promotes sodium reabsorption in the kidneys, leading to increased water retention and higher blood volume, which can raise blood pressure (Triebel & Castrop, 2024).

On the other hand, renin is an enzyme released by the kidneys in response to low blood pressure or low sodium levels (Triebel & Castrop, 2024). Renin starts a sequence of transformations of a liver-produced protein, which is eventually converted into a powerful hormone that narrows blood vessels and triggers the release of aldosterone (Triebel & Castrop, 2024).

This process forms a feedback loop that helps maintain healthy blood pressure levels (Triebel & Castrop, 2024). Abnormal levels of aldosterone or renin can lead to health issues. For instance, too much aldosterone can cause high blood pressure, while too little can lead to low blood pressure and high potassium levels (Triebel & Castrop, 2024). Understanding these hormones can help you manage your health effectively.

### Whats included?

- Aldosterone
- Renin
- Ald/Ren ratio

### Conditions and Symptoms

- Chronic stress
- Adrenal issues
- High blood pressure/hypertension
- Low blood pressure/ hypotension
- Polypharmacy medications/number of medications
- Assessing electrolyte imbalances
- Monitoring adrenal and renal Health

### Complementary Testing

- Adrenocortex Stress Profile Basic (Test code 1001)
- Cardiovascular Profile Comprehensive 2 (Test code 4027)
- Electrolytes- UEC (Test code 6003)

### 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