



ADRENOCORTEX STRESS & MALE BASIC - Test Code 1011



Turnaround Time: 3-5 business days



Specimen Type: 4 x 5ml saliva tube

Description

The adrenal glands are constantly challenged by lifestyle factors, as well as physical and psychological stress. When these demands become excessive, adrenal fatigue or insufficiency can occur. Common symptoms include chronic fatigue, low blood pressure (hypotension), reduced stress tolerance, cravings for salt, hypoglycemia, and weakened immunity (James et al., 2023). Assessing hormone levels, particularly cortisol, DHEA, and other adrenal hormones, can help identify individuals experiencing adrenal dysfunction and guide appropriate therapeutic interventions (James et al., 2023).

Hormonal imbalances, including those involving adrenal hormones, are linked to a variety of symptoms and health issues. Identifying and diagnosing these imbalances are crucial to alleviating unnecessary suffering and preventing degenerative diseases (Ashghali-Farahani et al., 2021). Stress and certain health conditions can significantly affect male hormones, contributing to additional complications (James et al., 2023).

A comprehensive hormonal assessment, such as the test measuring male hormone levels and 4-point cortisol, offers a targeted evaluation of the hormonal cascade. By monitoring these hormones, healthcare providers can gain valuable insights into the impact of stress on the adrenal glands and overall hormonal health, ensuring more effective treatments and better outcomes for patients.

Whats included?

- DHEAS (6-8am)
- Cortisol (6-8am, noon, 4pm, 8pm)
- Oestrone- E1
- Oestradiol- E2
- Testosterone

Conditions and Symptoms

- Anxiety, depression and irritability
- Brain fog
- Decreased immunity
- Fatigue, general lethargy
- Low sex drive
- Insomnia and sleep disturbances
- Hair thinning and loss
- Weight gain and decreased muscle tone

Complementary Testing

- Male Hormone Profile – (Serum) (Test code 1110)
- Advanced Hormones Dried Urine (Test code 1501)

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