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16 HARKER STREET
BURWOOD VIC 3125

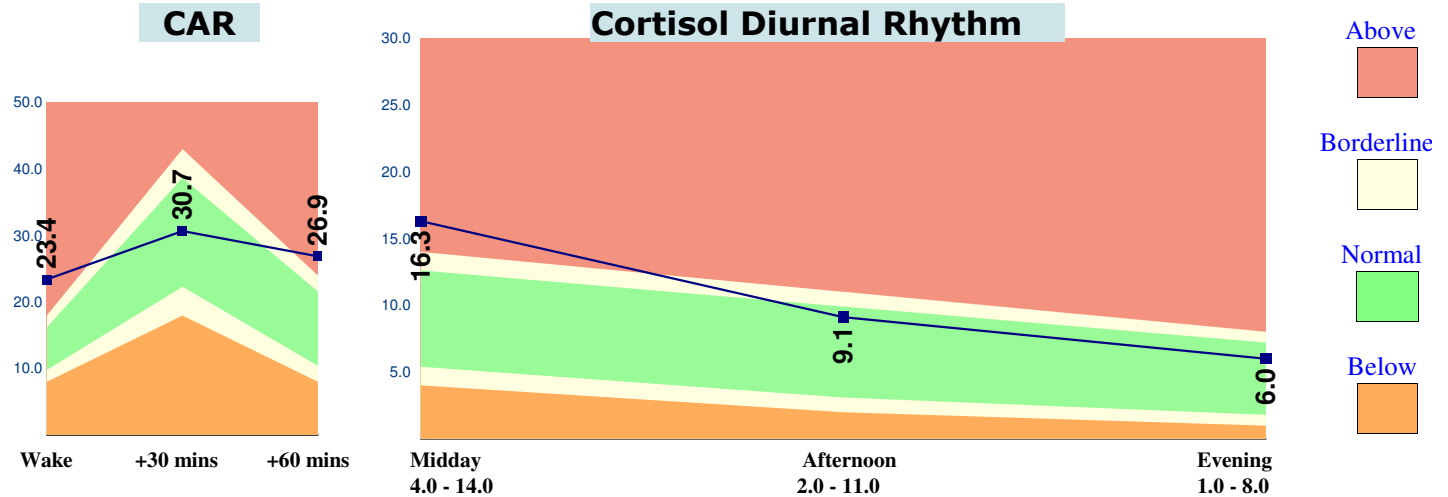
Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125







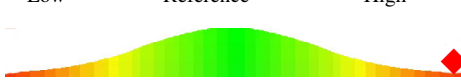




LAB ID : 3814062
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814062

CORTISOL AWAKENING RESPONSE (CAR)



Cortisol Profile, Waking	23.4		12.0 - 48.0 nmol/L
Cortisol Profile, Waking+30min	30.7		12.0 - 48.0 nmol/L
Cortisol Profile, Waking+60min	26.9		12.0 - 48.0 nmol/L
Cortisol Profile, Midday	16.3 ^H		4.0 - 14.0 nmol/L
Cortisol Profile, Afternoon	9.1		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	6.0		1.0 - 8.0 nmol/L
Cortisol Profile, Total CAR	62.1 ^H		23.0 - 42.0 nmol/L
DHEAS Profile, Waking+30min	16.0		5.0 - 30.0 nmol/L
Cortisol/DHEAS Ratio CAR	1.9 ^L		4.0 - 6.0 RATIO
CAR Rise Response	31.2 ^L		35.0 - 60.0 %
CAR Decline Response	15.0		0.0 - 33.0 %



SAMPLE REPORT

09-May-1990 Female

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CAR Comments

CORTISOL AWAKENING RESPONSE:

The cortisol awakening response (CAR) test is a transient, immediate rise in cortisol upon awakening and is distinct from the diurnal rhythm. In a normal individual without significant stressors, cortisol is highest in the morning shortly after awakening, rises by up to 60% roughly 30 minutes after awakening, then steadily drops throughout the day, reaching the lowest level during sleep in the very early morning about 2 am. A loss of the expected curve with its characteristic morning peak and steady decline towards evening may suggest HPA axis dysfunction.

CAR RISE RESPONSE IS LOW:

The rise in Cortisol from waking to 30 minutes post-waking is low. This indicates possible adrenal insufficiency/exhaustion.

CAR DECLINE RESPONSE WITHIN NORMAL RANGE:

The decline in Cortisol from waking to 60 minutes post-waking is within normal range.

This is consistent with normal Cortisol production/metabolism.

ELEVATED MIDDAY CORTISOL LEVEL:

Is this due to supplementation, adrenal stress, inflammation, medication or fasting?

Suggestive of blood sugar imbalance.

LATE AFTERNOON CORTISOL LEVEL IS WITHIN RANGE:

Late afternoon cortisol level is adequate and within range.

EVENING CORTISOL LEVEL WITHIN RANGE:

Saliva evening cortisol level is normal and within range.