

# STRESS TEST REPORT

**Patient Name PatientID** Non-smoker

Jane Doe JD540518 BMI Unspecified Waist Unspecified

**Medications** 

**DOB Report Date and Time** Estrogen, Testosterone, Progesterone. 5/18/1954 (64 yrs.) 2/28/2019 15:00

Gender **Received Date and Time** 

F 2/22/2019 15:00

**Menopausal Status Specimen Collection Date and Time** Provider ID: 0000

Premenopausal Saliva Morning 2/15/2019 Doctor T 07:00 17387 63rd Ave Saliva Noon 13:40 Irregular 35-day cycle 2/15/2019

Last cycle on 1/28/2019 Saliva Evening 2/15/2019 18:30 Lake Oswego, OR 97035

> Saliva Night 2/15/2019 21:00 Ph: xxx-xxx-xxxx

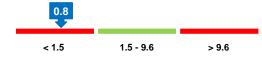
# **YOUR TEST RESULTS**

Normal Range Low or High Range Your Levels

### DHEA (pg/mL)



#### Cortisol Morning (ng/mL)



#### Cortisol Noon (ng/mL)

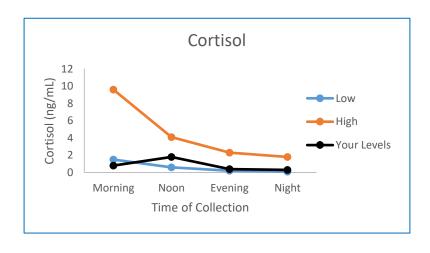


### **Cortisol Evening (ng/mL)**



#### Cortisol Night (ng/mL)





Patient Name: Jane Doe Patient ID: JD540518
Report Date: 2/28/2019

# What do your saliva results mean?

## **DHEA**

DHEA is produced by the adrenal glands and is a precursor to both testosterone and estrogens. DHEA is also a neurohormone as small quantities are produced in the brain. It has a broad spectrum of benefits including improved energy, mood, memory, increased testosterone levels, enhanced libido and immune function. In men, low DHEA levels can cause low libido, reduced muscle mass and strength, depression, fatigue and compromised immune function. In women, DHEA is known to balance other hormones like estrogens, progesterone and testosterone. Low DHEA levels can cause weight gain, depression, fatigue and low libido.

### **CORTISOL**

In addition to being called as "the stress hormone", cortisol helps in proper glucose metabolism, converting sugars into energy. High cortisol levels in men have been associated with hyperglycemia, weight gain, compromised immune function and high blood pressure. Cortisol imbalance is known to result in conditions like irritability, fatigue, depression, foggy thinking, weight gain and bone loss. Stress reducing activities including meditation and breathing exercise have been recommended to relieve stress levels and avoid premature aging.

Good sleep, mild exercise, meditation, adequate nutrition (protein), adrenal extracts, nutritional and herbal supplements (vitamins C, B5, Ginseng, Licorice root etc.) are some of the natural ways to boost adrenal function. Use of products that boost adrenal function should be discussed with a qualified health care provider.

This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness. This test was developed and its performance characteristics determined by AYUMETRIX. The laboratory is regulated under CLIA as qualified to perform high-complexity testing.

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**Laboratory Director**