



Cortisol Awakening Response (saliva)

Lifestyle, physical and psychological stresses put constant demands on the adrenal glands. If they get depleted adrenal fatigue or insufficiency may be experienced. Symptoms include fatigue, hypotension, and lowered resistance to stress, salt cravings, hypoglycaemia and lowered immunity. Adrenal insufficiency frequently plays a role in conditions such as chronic fatigue syndrome, allergies, rheumatoid arthritis, post-traumatic stress syndrome, anorexia and most diseases for which corticosteroids are involved in the treatment. Assessing cortisol, DHEA and other adrenal hormone levels may help to identify these patients and will assist effective therapy.

Adrenal Stress

In the 21st century, stress for many individuals has become a common part of everyday life. As opposed to our early ancestors, who would have viewed stress in terms of heat, altitude, famine or predators, the stress that we commonly experience involves work demands, time pressures, conflicts, toxins, divorce and debt. This lifestyle, physical and psychological pressure puts constant demands on the adrenal glands. Although they are designed to cope with stress, changing physiological functions to deal with the 'fight or flight', the adrenal glands suffer in today's high stress society.

SYMPTOMS AND CONDITIONS ASSOCIATED WITH ADRENAL INSUFFICIENCY

Anxiety	Hypoglycemia
Alcoholism and drug addiction	Lack of stamina
Asthma, colds and other respiratory disorders	Mild depression
Allergies	Muscle weakness
Brain fog	Post-Traumatic Stress Syndrome
Chronic Fatigue Syndrome	Postural hypotension
Decreased ability to handle stress	Premenstrual syndrome and menopausal symptoms
Decreased immunity	Rheumatoid arthritis
Fatigue (fluctuates throughout the day, morning fatigue, energy at night)	Salt cravings
Flu-like symptoms	Sexual dysfunction
General lethargy	Most diseases for which corticosteroids are involved in the treatment

Adrenal Depletion and Adrenal Fatigue

If the adrenals get totally depleted a condition called Addison's disease is experienced. This is a rare but life threatening disorder. Most individuals however who have depleted adrenal glands are not medical emergencies. They just go through life with fatigue, not knowing what is wrong with them. These people may be suffering from adrenal fatigue which is also known as hypoadrenia, sub-clinical hypoadrenia, sub-clinical adrenal exhaustion or adrenal insufficiency. Symptoms associated with adrenal insufficiency include fatigue, hypotension, and lowered resistance to stress, salt cravings, hypoglycaemia and lowered immunity. Adrenal insufficiency also frequently plays a role in conditions such as chronic fatigue syndrome, allergies, rheumatoid arthritis, post-traumatic stress syndrome, anorexia and most diseases for which corticosteroids are involved in the treatment.

CORTISOL AWAKENING RESPONSE (SALIVA)

❖ DHEAs 6-8am, Cortisol 6-8am, Cortisol 12noon, Cortisol 4pm, Cortisol 8pm

Other adrenal function tests available

- **Adrenocortex Stress Profile - Extensive (saliva):** DHEAs 6-8am, Cortisol 6-8am, 12noon, 4pm, 8pm, Secretory IgA (sIgA).
- **Cortisol Profile (saliva):** Cortisol 6-8am, 12noon, 4pm, 8pm.
- **Adrenal Hormone Profile - Level 1 (urine):** Cortisol, DHEA, 17-keto steroids, Total OH corticoids, ratios.
- **Adrenal Hormone Profile - Level 2 (urine):** Cortisol, DHEA, 17-keto steroids, Total OH corticoids, ratios, Aldosterone, Pregnanetriol (Pregnenolone).
- **Adrenal Hormone Profile - Level 3 (24 hour urine):** Cortisol, DHEA, 17-keto steroids, Total OH corticoids, ratios, Aldosterone, Androsterone, Etiocholanolone, 11-OH-Androsterone, 11-OH-Etiocholanolone, 11-ketoetiocholanone, 11-ketoandrosterone, Pregnanetriol (Pregnenolone).
- **Anabolic/Catabolic Index (urine):** 17-keto steroids, Total OH corticoids, ratios.
- **Cortisol & Cortisol Binding Globulin Test (serum):** Cortisol, Cortisol Binding Globulin, Free Cortisol Index.

How to order a test kit:

To order a test kit simply request the Customer Service on 03 2727 7434.



Phone 03- 2727 7434 for further details
www.malaysialaboratory.com

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