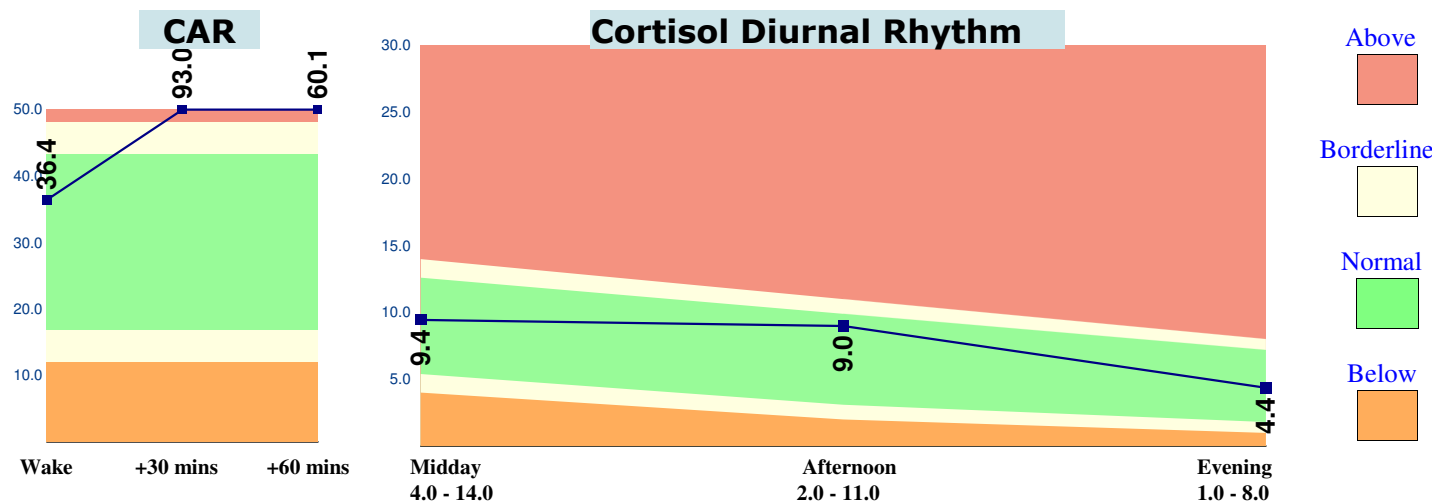




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Clinical Notes: On Thyroid & Prog.

CORTISOL AWAKENING RESPONSE (CAR)



Cortisol Profile, Waking

36.4



12.0 - 48.0 nmol/L

Cortisol Profile, Waking+30min

93.0^H



12.0 - 48.0 nmol/L

Cortisol Profile, Waking+60min

60.1^H



12.0 - 48.0 nmol/L

Cortisol Profile, Midday

9.4



4.0 - 14.0 nmol/L

Cortisol Profile, Afternoon

9.0



2.0 - 11.0 nmol/L

Cortisol Profile, Evening

4.4



1.0 - 8.0 nmol/L

Cortisol Profile, Total CAR

115.8^H



23.0 - 42.0 nmol/L

DHEAS Profile, Waking+30min

4.8^L



5.0 - 30.0 nmol/L

Cortisol/DHEAS Ratio CAR

19.5^H



4.0 - 6.0 RATIO

CAR Rise Response

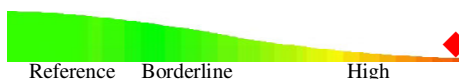
155.5^H



35.0 - 60.0 %

CAR Decline Response

65.1^H



0.0 - 33.0 %



Clinical Notes: On Thyroid & Prog.

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 ELEVATED:

The percentage rise in cortisol from waking to 30 minutes post-waking is elevated. The excess surge in cortisol is believed to be due to a patient's response in anticipation of the day ahead. An increased CAR is observed in individuals with perceived elevated burden, manifesting in Cortisol overproduction.

CAR DECLINE RESPONSE IS ELEVATED:

The decline in Cortisol from waking to 60 minutes post-waking is elevated. This is consistent with Cortisol overproduction due to the surge in cortisol levels post awakening. Attributable to chronic stress, HPA axis dysfunction, and adrenal burnout.

MIDDAY CORTISOL LEVEL IS WITHIN RANGE:

Midday Cortisol level is adequate and within range.

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.