



**PENNY WADDELL-WOOD**  
**08-Jul-1987**      **Female**

8 ATKINSON STREET  
COOK ACT 2614

P: 1300 688 522  
E: info@nutripath.com.au

**PATIENT COPY**  
**PATIENT ADDRESS**

. 3087

LAB ID :                    3864385  
UR NO. :                    6616442  
Collection Date :   21-Jan-2023  
Received Date:25-Jan-2023



3864385

**Clinical Notes:** On Thyroid & Prog.

**ENDOCRINOLOGY SALIVA**

SALIVA	Result	Range	Units
DHEAS Profile, Waking+30min	4.8 *L	5.0 - 30.0	nmol/L



(\*) Result outside normal reference range

(L) Result is below lower limit of reference range



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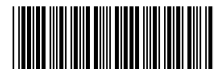
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**Adrenocortex Stress Comments**

**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.

**SPECIMEN RECEPTION**

SALIVA	Result	Range	Units
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**DISCLAIMER for Self Referred Episodes**

**REPORT DISCLAIMER:**

As this episode has been self referred/self requested/self initiated by the patient, it is highly recommended (to the patient) that interpretation of these results be discussed/reviewed under the supervision and guidance of a qualified healthcare practitioner.

Nutripath does not accept liability for any injury, loss or damage incurred by inappropriate use of this report.

Nutripath can offer assistance in locating a suitable practitioner to assist you with the interpretation of this report.

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Tests ordered: DISCLAIM,CAR

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