



# Adrenal Hormone Report

**Order:** SAMPLE REPORT**Client #:** 12345**Doctor:** Sample Doctor

Doctor's Data, Inc.

3755 Illinois Ave.

St. Charles, IL 60174

**Patient:** Sample Patient**Age:** 35**Sex:** Female**Sample Collection****Date/Time****Date Collected**

04/16/2021

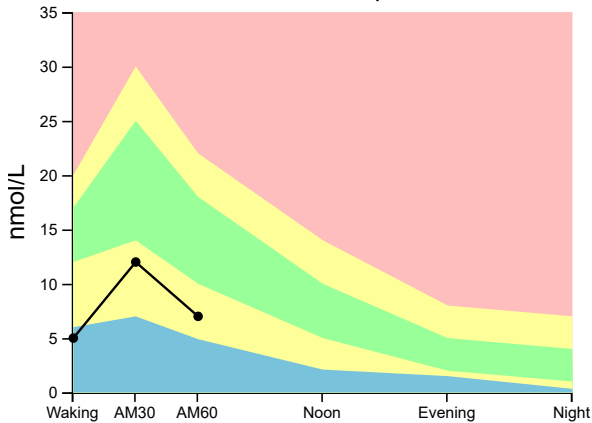
**Date Received**

04/17/2021

**Date Reported**

04/18/2021

Analyte	Result	Unit	L	WRI	H	Optimal Range	Reference Interval
<b>Cortisol Waking</b>	5.0	nmol/L	↓			12 – 17	6.0 – 20
<b>Cortisol AM30</b>	12	nmol/L		◆		14.0 – 25.0	7.0 – 30.0
<b>Cortisol AM60</b>	7.0	nmol/L		◆		10.0 – 18.0	4.9 – 22.0
<b>CAR Rise (Calculated)</b>	140.0	%			↑		35 – 60
<b>CAR Decline (Calculated)</b>	40.00	%			↑		-33 – 0

**Cortisol Graph****Hormone Comments**

- The AM cortisol level is suboptimal. Additional cortisol testing is a consideration.
- Cortisol Awakening Response (CAR) is the expected maximum rise in cortisol levels observed at 30 minutes (AM30) post awakening (approximately 35-60% above the waking value). This is followed by an expected decline sixty minutes after waking. The behavior of cortisol is a critical marker to understand the HPA axis' physiologic responsiveness and is a key indicator of HPA axis adaptability and reactivity.
- This patient's *CAR Rise* (the percent change from waking to AM30) exceeds the expected degree of increase.
- This patient's *CAR Decline* (the percent change from waking to AM60) is observed as an unexpected increase.

**Notes:**

The current samples are routinely held three weeks from receipt for additional testing.

RI= Reference Interval, L (blue)= Low (below RI), WRI (green)= Within RI (optimal), WRI (yellow)= Within RI (not optimal), H (red)= High (above RI)

Methodology: Enzyme Immunoassay