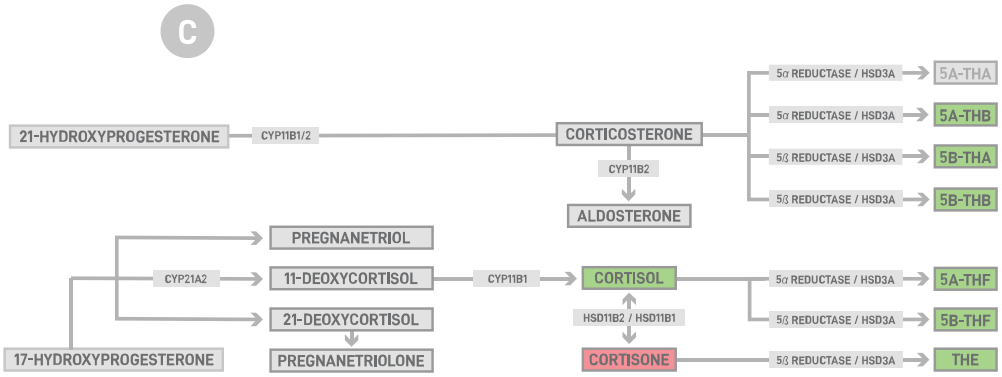
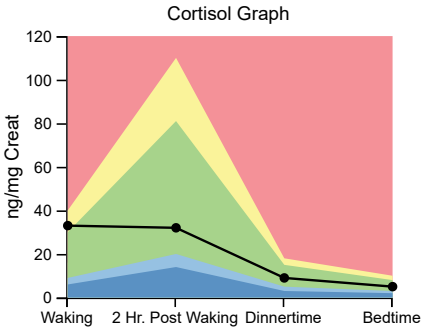
Adrenal Corticoid Metabolites; urine

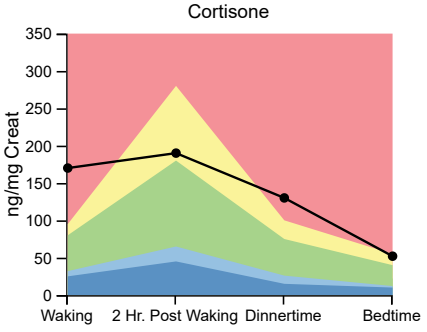
Order: 999999-9999
Test: X999999-9999-1
Client #: 999999
Doctors Data Inc
123 Main St.
St. Charles, 60174 USA

Patient: Sample Patient
Id: 999999
Age: 40 **DOB:** 01/01/1984
Sex: Female
Menopausal Status: Pre-menopausal ,

Sample Collection	Date/Time
Midsleep	11/14/2024 04:07
Dinnertime	11/13/2024 19:19
Bedtime	11/13/2024 21:07
Waking	11/14/2024 07:36
2 Hr. Post Waking	11/14/2024 09:47
Collection Period	Multipoint daily
Date Received	11/20/2024
Date Reported	11/27/2024







Free Cortisol and Cortisone		Result	Unit	L WRI H	Reference Interval
Cortisol Waking‡		33	ng/mg Creat		6 – 40
Cortisol Waking+2hrs‡		32	ng/mg Creat		14 – 110
Cortisol Dinnertime‡		9	ng/mg Creat		3 – 18
Cortisol Bedtime‡		5	ng/mg Creat		2 – 10
Cortisol/day‡	(F)	28	ng/mg Creat/Day		9 – 35
Cortisone Waking‡		170	ng/mg Creat		25 – 95
Cortisone Waking+2hrs‡		190	ng/mg Creat		45 – 280
Cortisone Dinnertime‡		130	ng/mg Creat		15 – 100
Cortisone Bedtime‡		52	ng/mg Creat		10 – 55
Cortisone/day‡	(E)	150	ng/mg Creat/Day		30 – 95
Creatinine Waking		51.0	mg/dL		30 – 225

Notes:
WRI – Within Reference Interval - represented by bracket and stated ranges on report, Dark Blue = Below RI, Light Blue = WRI low, Green = Optimal, Yellow = WRI high, Red = Above RI, <dl = result below detection limit
‡This test was developed and its performance characteristics determined by Doctor's Data Laboratories in a manner consistent with CLIA requirements. The U.S. Food and Drug Administration (FDA) has not approved or cleared this test; however, FDA clearance is not currently required for clinical use.
Methodology: LCMS QQQ

Analyzed by DOCTOR'S DATA, INC. • 3755 Illinois Avenue, St. Charles, IL 60174-2420 USA • LAB DIR: Saim Qazi, MD • CLIA ID: 14D0646470

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Free Cortisol and Cortisone	Result	Unit	L WRI H	Reference Interval
Creatinine Waking+2hrs	73.0	mg/dL		30 – 225
Creatinine Dinnertime	15.3	mg/dL		30 – 225
Creatinine Bedtime	24.8	mg/dL		30 – 225
Creatinine/day	40.2	mg/dL/Day		30 – 225

Corticoid Metabolites and DHEA		Result	Unit	L WRI H	Reference Interval
Tetrahydrodehydrocorticosterone‡	(5B-THA)	71	ng/mg Creat/Day		40 – 130
5β-Tetrahydrocorticosterone‡	(5B-THB)	94	ng/mg Creat/Day		58 – 240
5α-Tetrahydrocorticosterone‡	(5A-THB)	290	ng/mg Creat/Day		90 – 380
5α-Tetrahydrocortisol‡	(5A-THF)	580	ng/mg Creat/Day		450 – 1300
5β-Tetrahydrocortisol‡	(5B-THF)	1470	ng/mg Creat/Day		720 – 2050
Tetrahydrocortisone‡	(THE)	3050	ng/mg Creat/Day		1650 – 4000
Dehydroepiandrosterone‡	(DHEA)	13	ng/mg Creat/Day		15 – 190
Dehydroepiandrosterone Sulfate‡	(DHEAS)	17	ng/mg Creat/Day		45 – 3000

Ratios and Calculations		Result	Unit	L WRI H	Reference Interval
DHEA+DHEAS‡		30	ng/mg Creat/Day		50 – 2000
THE+5A-THF+5B-THF‡	(Metabolized Cortisol)	5100	ng/mg Creat/Day		2600 – 7200
5A-THF+5B-THF/THE‡	(Cortisol/Cortisone Metabolites)	1			0.6 – 1.2
Cortisol/Cortisone‡	(11B HSD activity)	0.19			0.18 – 0.60
5A-THF/5B-THF ratio‡	(alpha vs beta metabolism)	0.40			0.19 – 0.82

Adrenal Corticoid Metabolites Information

Under stress, the HPA axis controls the secretion of cortisol from the adrenal cortex. In saliva and blood, cortisol levels are the highest 30 minutes after waking and gradually decline throughout the day (measured by “cortisol awakening response” – CAR). When testing cortisol in urine throughout the day, highest value is typically seen during the second timed collection. Adrenal corticoid page provides four different aspects of cortisol metabolism and excretion: graphical pattern of cortisol and cortisone excretion, average cortisol and cortisone per day, metabolized cortisol, and metabolic preference for cortisol or cortisone. Cortisol and cortisone output is graphed in a diurnal pattern over the course of the day. Metabolized cortisol calculation includes the daily metabolites of cortisol (5A-THF, 5B-THF) and cortisone (THE) which may be a better representation of daily cortisol output than measuring cortisol and cortisone alone.

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Androgens

Dehydroepiandrosterone (DHEA)
Dehydroepiandrosterone (DHEA) is a hormone predominantly produced in the adrenal glands which serves as a precursor hormone for androstenedione and eventually estrone and testosterone. DHEA naturally declines with age and under the influence of chronic and sub-chronic stress. Declining DHEA may manifest as decreased cognition, libido, mood, flexibility, and cardiovascular health.

Dehydroepiandrosterone Sulfate (DHEAS)
Dehydroepiandrosterone sulfate (DHEAS), the sulfated form of dehydroepiandrosterone (DHEA), is primarily produced by the zona reticularis of the adrenal glands and serves as a reservoir for DHEA. Like DHEA, DHEAS naturally declines with age. Research suggests symptoms of declining DHEAS can manifest as decreased cognition, libido, mood, flexibility, and cardiovascular health.

Corticoids

Cortisone
Cortisone is the inactive form of cortisol. Elevations of cortisone may reflect high cortisol production, excessive 11B-HSD2 activity, or insufficient conversion by 11B-HSD1.

DHEA + DHEAS
DHEA and DHEAs are produced in the adrenal gland and serve as precursors to androgens and estrogens. Due to the interconversion between via SULT2A1 and/or STS, the sum of DHEA and DHEAs may be a better representation of total DHEA synthesis.

Dehydroepiandrosterone (DHEA)
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