

TEST REPORT

Patient Name Jane Doe	PatientID JD540518	Non-smoker BMI Unspecified Waist Unspecified
DOB 5/18/1954 (64 yrs.)	Report Date and Time 2/28/2019 15:00	Medications Estrogen, Testosterone, Progesterone.
Gender F	Received Date and Time 2/22/2019 15:00	
Menopausal Status Premenopausal Irregular 35-day cycle Last cycle on 1/28/2019	Specimen Collection Date and Time Saliva Morning 2/15/2019 07:00 Saliva Noon 2/15/2019 13:40 Saliva Evening 2/15/2019 18:30 Saliva Night 2/15/2019 21:00	Provider ID: 0000 Doctor T 17387 63rd Ave Lake Oswego, OR 97035 Ph: xxx-xxx-xxxx

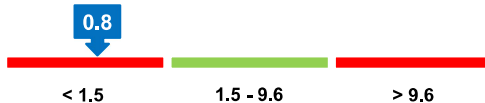
YOUR TEST RESULTS

█ Normal Range
 █ Low or High Range
 █ Your Levels

DHEA (pg/mL)



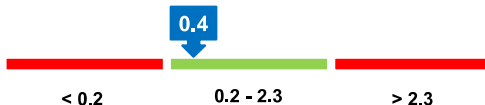
Cortisol Morning (ng/mL)



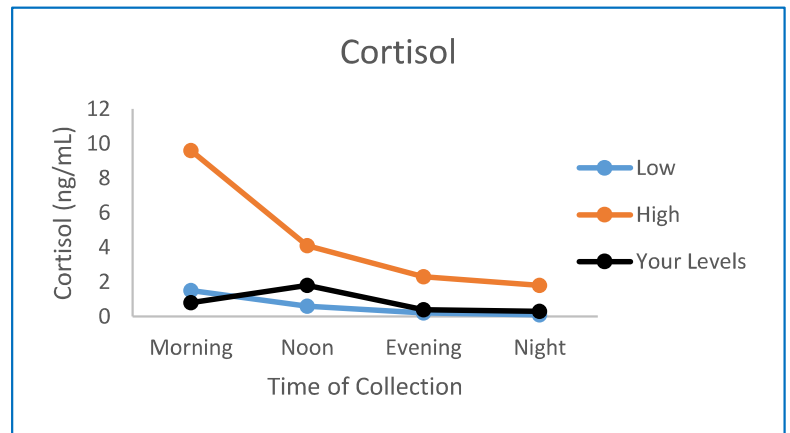
Cortisol Noon (ng/mL)



Cortisol Evening (ng/mL)



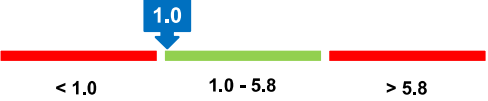
Cortisol Night (ng/mL)



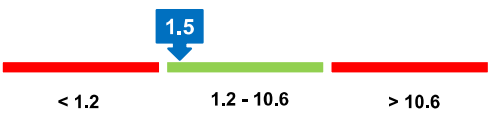
Melatonin Morning (pg/mL)



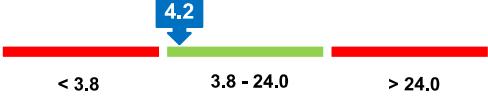
Melatonin Noon (pg/mL)



Melatonin Evening (pg/mL)



Melatonin Night (pg/mL)



What do your saliva results mean?

DHEA

DHEA is produced by the adrenal glands and is a precursor to both testosterone and estrogens. DHEA is also a neurohormone as small quantities are produced in the brain. It has a broad spectrum of benefits including improved energy, mood, memory, increased testosterone levels, enhanced libido and immune function. In men, low DHEA levels can cause low libido, reduced muscle mass and strength, depression, fatigue and compromised immune function. In women, DHEA is known to balance other hormones like estrogens, progesterone and testosterone. Low DHEA levels can cause weight gain, depression, fatigue and low libido.

CORTISOL

In addition to being called as “the stress hormone”, cortisol helps in proper glucose metabolism, converting sugars into energy. High cortisol levels in men have been associated with hyperglycemia, weight gain, compromised immune function and high blood pressure. Cortisol imbalance is known to result in conditions like irritability, fatigue, depression, foggy thinking, weight gain and bone loss. Stress reducing activities including meditation and breathing exercise have been recommended to relieve stress levels and avoid premature aging.

Good sleep, mild exercise, meditation, adequate nutrition (protein), adrenal extracts, nutritional and herbal supplements (vitamins C, B5, Ginseng, Licorice root etc.) are some of the natural ways to boost adrenal function. Use of products that boost adrenal function should be discussed with a qualified health care provider.

Melatonin

Melatonin is a hormone produced by pineal gland in the brain and plays a significant role in sleep. Melatonin production increases when it is dark and decreases when it is light. Melatonin acts as an antioxidant to help lower the risk of eye diseases.

Low melatonin levels have been known to be associated with excessive fatigue, depression, anxiety and insomnia. Several sleep disorders have been known to be associated with suppressed melatonin production. Stress, smoking, light exposure, shift work and aging all affect melatonin production. Consumption of walnuts, almonds, cherries, bananas, oats and tomatoes has been shown to raise melatonin levels. Melatonin supplements offer high levels of the hormone and can affect salivary melatonin levels and influence sleep patterns.