

Sex : M

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ENDOCRINOLOGY SALIVA

SALIVA

DHEAS Profile, Waking+30min

Result

Range

Units

1.0 *L 5.0 - 30.0

nmol/L



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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 LOW:

The rise in Cortisol from waking to 30 minutes post-waking is low.
 This indicates possible adrenal insufficiency/exhaustion.

CAR DECLINE RESPONSE WITHIN NORMAL RANGE:

The decline in Cortisol from waking to 60 minutes post-waking is within normal range.
 This is consistent with normal Cortisol production/metabolism.

ELEVATED MIDDAY CORTISOL LEVEL:

Is this due to supplementation, adrenal stress, inflammation, medication or fasting?
 Suggestive of blood sugar imbalance.

ELEVATED LATE AFTERNOON CORTISOL LEVEL

Is this due to supplementation, adrenal stress, inflammation, medication or fasting?
 Suggestive of blood sugar imbalance.

ELEVATED EVENING CORTISOL LEVEL:

Saliva evening cortisol level is high, suggestive of Hypoglycaemia and imbalance HPAA suggesting maladaptation.

Androstenedione...	0.77	0.70 - 5.20	nmol/L	
Testosterone.	1.92 *L	110.0 - 420.0	pmol/L	
Estradiol (E2)	11.7 *H	2.7 - 11.0	pmol/L	
Estrone (E1)	38.3	7.7 - 50.0	pmol/L	
Androstenedione/E1 Ratio	0.02 *L	0.05 - 1.10	RATIO	

(*) Result outside normal reference range

(H) Result is above upper limit of reference range (L) Result is below lower limit of reference range

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** PLEASE NOTE NEW REFERENCE RANGES AS OF 20.08.2021 **

TABLE 1: SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

FEMALE	Progesterone	DHEAS	E2	E1	E3
Pre/menarcheal	90-390		3.1-13	9.5-71	7.7-49
Follicular	90-480		3.1-17	9.5-71	7.7-49
Mid-Cycle	85-590		5.0-22	9.5-71	7.7-49
Luteal	276-1725		3.7-18	9.5-71	7.7-49
Post Menop.	80-820	1.8-18.5	3.7-16	9.0-65	9.0-62
Premenopausal, No OC's		2.5-27.0			
Premenopausal, with OC's		2.0-8.0			
MALE	<230	5.0-32.0	2.7-11	7.7-50	6.6-38

TABLE 2: TARGET REFERENCE RANGES: (ON HRT - 24 to 48 hr post last dose)

	Progesterone	Testosterone	E2	E1	E3
Oral	320-1998		7-73		69-139
Patch	-		4-18	-	-
Cream/Gel	3180-15000	F: 277-867 M: 347-1734	37-184	-	1040-1734

SALIVA E1 level is within range for a male, indicating minimal aromatisation of androgens to E1.

ELEVATED E2 LEVEL:

Saliva E2 level is elevated for a male and suggestive of aromatisation of androgens to estrogens. Suggest using 5% transdermal Chrysin and / or 50mg Zinc.

SALIVA FREE TESTOSTERONE level is adequate and within range.

Tests ordered: CAR,E1-SAL,E2-SAL,TES-SAL,Andro-SAL,Andst/E1

(*) Result outside normal reference range

(H) Result is above upper limit of reference range (L) Result is below lower limit of reference range