

Any Lab Test Now

SALIVA CORTISOL TEST

DESCRIPTION

The Saliva Cortisol test is the least invasive way to measure the level of cortisol in the body. Cortisol is a hormone produced by the adrenal glands and regulated by the hypothalamus, a part of the brain, and the pituitary gland. Cortisol is a critical hormone that helps to break down fat and protein. The level of cortisol in the body stimulates liver glucose production and helps to maintain blood pressure and regulate the immune system affecting inflammation. It also helps us react to physical and emotional stress. Free cortisol, which is unbound to a protein, is found in the urine and in the saliva and cortisol levels normally fluctuate throughout the day, with levels being highest in the morning and lowest after midnight.

High levels of cortisol may be caused by Cushing Syndrome, a relatively rare disorder that could result from taking glucocorticoid-steroids for a prolonged period or an adrenal tumor.

Addison's disease (primary or secondary) or adrenal insufficiency cause low levels of cortisol and may be a result of an autoimmune response to the adrenal glands or an adrenal tumor. 70% of primary adrenal insufficiency is caused by an autoimmune process that ultimately destroys the adrenal cortex.

WHY DO I NEED THIS TEST?

Your hormone levels affect how you feel on a daily basis. The slightest dysfunction of your hormones can result in increased weight, fatigue, mood changes and sleep disturbances.

Too much cortisol can cause multiple symptoms such as obesity, thirst and excessive urination, muscle weakness, high blood pressure, increased blood sugar, headaches, backaches and even mental symptoms. Not enough cortisol may cause symptoms including fatigue, muscle weakness, darkened patches on the skin, hypoglycemia, diarrhea or constipation, vomiting or weight loss. If you are experiencing unusual, unexplained symptoms this test may provide information to help you and your doctor diagnose your condition.

AM I REQUIRED TO FAST FOR THIS LAB TEST?

Yes. You must fast at least twelve (12) hours prior to having your specimen collected.

OTHER RELEVANT LAB TESTS

You may want to Take Control of Your Health by getting a Complete Blood Count (CBC), Comprehensive Metabolic Panel or Male or Female Health Profile.

WRITTEN BY:

EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR

Ekani Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

ANYLABTESTNOW.COM