

## RESULTS: SALIVA HORMONE TEST

Accession #: 100035624 • Patient: JOHN SMITH

**Patient:** JOHN SMITH

**Sex:** Male

**Age:** 54

**Date of Birth:** 1971-01-01

**Accession #:** 100035624

**Height:** 5 ft 8 in

**Weight:** 135 lbs

**Waist size:** 32 in

Sample received: 2025-05-09

Report issued: 2025-05-21

**Hormones:** No

**Health Care Professional:** Jane Smith

Sample collection:

2025-05-05 06:30 AM

2025-05-05 12:15 PM

2025-05-05 18:10 PM

2025-05-05 22:45 PM

### STRESS AND METABOLIC PROFILE

**INSULIN Fasting (Morning)  $\mu$ IU/ml**

10

Reference ranges

Normal (non-elevated)

< 5.0 \*

Borderline

5.0 - 18.0

Elevated

> 18.0

**INSULIN Non-Fasting (Noon)  $\mu$ IU/ml**

32

Reference ranges

Low

< 10.0 \*

Normal (non-elevated)

10.0 - 30.0

Elevated

> 30.0

**Carbohydrate Stimulation Test done**

YES

**CORTISOL (C) ng/ml**

Reference ranges

Median

Morning

2

2.2 - 9.8

3.6

Noon

0.5

0.9 - 3.5

1.1

Afternoon

1

0.3 - 3.0

0.8

Night

4

0.1 - 2.8

0.5

TOTAL

7.5

3.5 - 19.1

6.0

**DHEA-S (DS) ng/ml**

2.5

Reference ranges

Median

Female

0.2 - 3.6

1.7

Male

0.3 - 3.7

1.8

**TOTAL C:DS RATIO**

3:1

Median

3:1

**Secretory IgA (Morning)  $\mu$ g/ml**

291.1

Reference ranges

Very Low

< 16.5

Low

16.5 - 128

Mid-Range

128 - 223

High

223 - 359

Very High

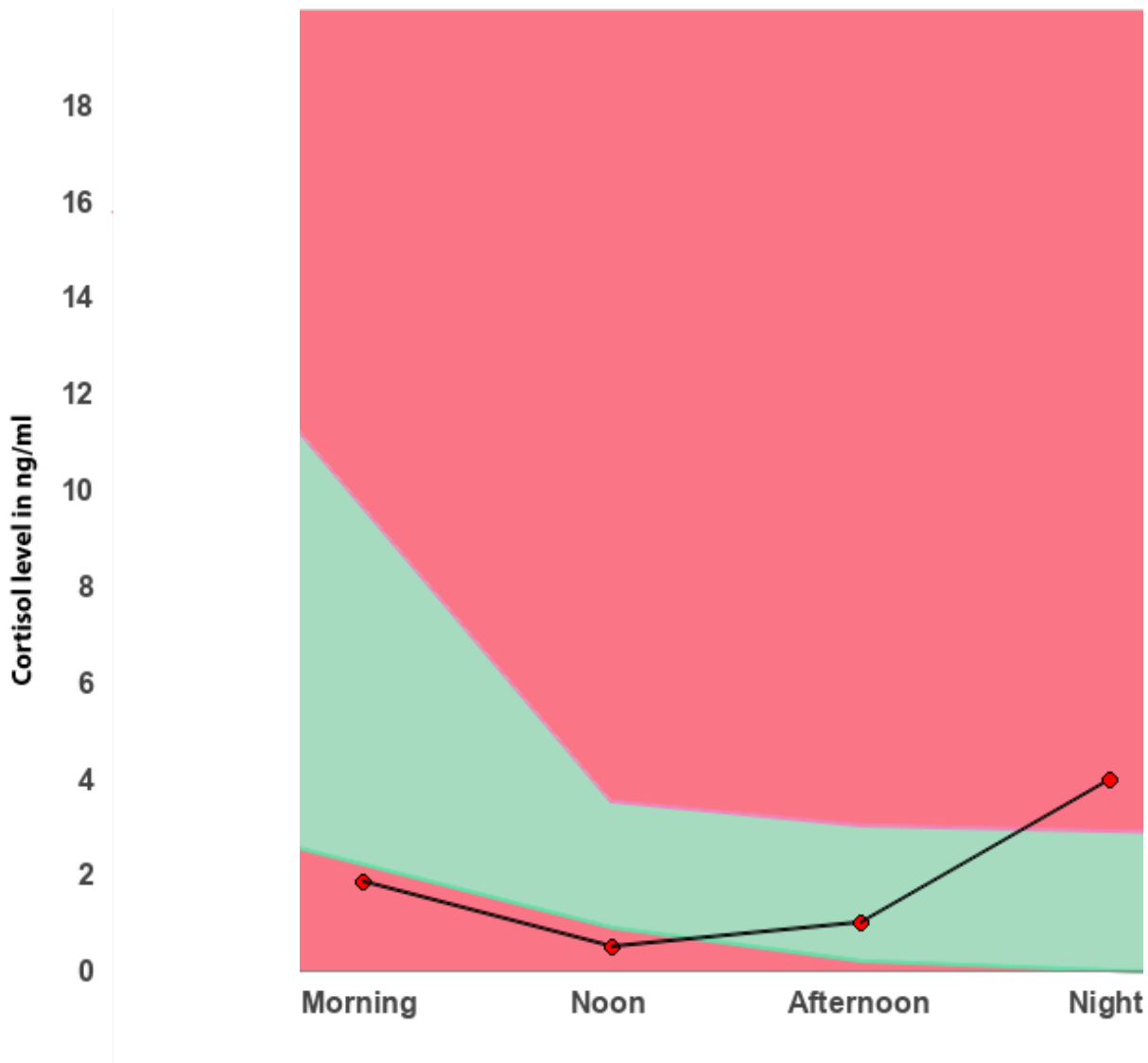
> 359

\* Ratios displayed when values lie within lower and upper limits of Quantitation.

NA = Not Applicable

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### JD Clinic AN:

Hot flashes, night sweats	*			
Cold &/or heat intolerance	*			
High cholesterol / triglycerides	*			
Decreased muscle mass & wasting	*			
Foggy thinking, memory lapse	*			
Allergies: Foods/ airborne particles	*			
Migraines &/or headaches	*			
Weight gain at waist	*			
Low blood pressure	*			
Cravings for sweets	*			
Trouble falling asleep	*			
Insomnia	*			
Depression (tearfulness, lowered drive, mood swings)	*			
Infertility	*			
Weight gain at hips	*			
Bone loss	*			
Aches & pains, stiffness	*			
Dehydrated & thin skin, hair	*			
Difficulty &/or increased urinating, incontinence)	*			
Irritable, aggressive	*			
Water retention, swelling	*			
Numbness - feet & hands	*			
Lowered libido	*			
Anxiety (restless, panic attacks )	*			
AM fatigue	*			
PM fatigue	*			
Prostate abnormalities	*			
Erectile Dysfunction	*			
Sleep apnea	*			
Loss of scalp hair &/or beard growth	*			
Tender / fibrocystic breasts	*			
Vaginal dryness or burning	*			
Periods absent/skipped, spotting, heavy bleeding	*			
Hair loss, increased facial & body hair, acne	*			
Uterine fibroids	*			
Score	0 None	1 Mild	2 Moderate	3 Severe

\* Indicates that symptom left blank

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**Understanding Hormone and Insulin Excess and Deficiency**

The comments provided here are for educational purposes only. They should not be interpreted as being diagnostic or treatment recommendations. Those decisions are the responsibility of the health care professional. Moreover, the reference range shown in this report is derived from a normal distribution of results that encompass 95% of randomly selected individuals in a population.

**IN THE PRESENT TEST****CORTISOL**

The Morning cortisol level falls below the reference range. Evening or late night stress is a very strong stimulator of cortisol secretion, quickly depleting the adrenal supply. This results in one of the most common findings on salivary cortisol assays; decreased levels the next morning, a time when the cortisol levels should be high. Excessive and prolonged stress can exhaust the adrenal glands, decreasing their ability to produce sufficient amounts of cortisol, often leading to 'adrenal exhaustion'.

The Noon cortisol level falls below the reference range. As the ability of the adrenals to produce adequate cortisol diminishes, the following symptoms are common during the day: A slow down in activity as the morning progresses, afternoon fatigue and headaches.

The Afternoon cortisol level lies inside the reference range and indicate that the adrenal glands are responding well to the needs of the day, especially in glycemic control.

The Nighttime cortisol level exceeds the reference range. As with afternoon levels that exceed the normal range, this can be due to both exogenous and endogenous causes.

**DHEA-S (Dehydroepiandrosterone Sulphate)**

DHEA-S lies within the reference range. DHEA, together with cortisol, plays an important role in maintaining normal blood glucose levels (glycemic control). Normal levels are important in proper metabolism of carbohydrates, fats and proteins.

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### General Discussion

#### CORTISOL

**About Cortisol:** Cortisol is a hormone produced by the adrenal glands, a part of the HPA axis, a cascade of endocrine pathways that respond to specific negative feedback loops involving the hypothalamus, anterior pituitary gland, and adrenal gland. Cortisol plays an important role in breaking down glycogen to glucose in liver and muscle tissue. It mobilizes glucose, so as to maintain normal blood sugar levels, the primary energy source for the brain. Cortisol levels are highest in the early morning (approximately 8 am) and reach the lowest level about midnight to 4 am, or three to five hours after the onset of sleep. Diurnal cycles of cortisol levels are found in human saliva. Cortisol production comes in response to daily stress, as well as emotional upset, infections and surgery. It prevents the release of substances in the body that cause inflammation, and is used to treat conditions resulting from over activity of the B-cell-mediated antibody response. Examples include inflammatory and rheumatoid diseases, as well as allergies. Low-potency hydrocortisone, available as a non-prescription medicine in some countries, is used to treat skin problems such as rashes, and eczema.<sup>1, 2, 3</sup>

**Low Cortisol,** especially if it remains so throughout the day, may indicate advanced adrenal insufficiency, sometimes called adrenal exhaustion. It is caused by stress, such as sleep deprivation, emotional stress, poor diet, nutrient deficiencies, and/or synthetic glucocorticoid medications that suppress cortisol production. Chronic stress depletes cortisol and is associated with symptoms of morning and evening fatigue, aches and pains, fibromyalgia, cold body temperature, decreased stamina, slow pulse rate, low blood sugar (sugar craving) and low blood pressure. In addition, one often encounters increased allergies (immune dysfunction), and sensitivity to chemicals. Symptoms of thyroid deficiency can also be due to low cortisol levels. Exercise, more adequate sleep, a diet with adequate protein, 'bio-identical' progesterone, adrenal extracts and nutritional supplements are often helpful in correcting low cortisol.

**High Cortisol.** Although normal cortisol levels are essential for life, chronically elevated levels can be very detrimental. Increased cortisol production by the adrenals is a normal response to routine stress. However, when stress is chronic and cortisol output remains high over a prolonged period of months and years, breakdown of normal tissues (muscle wasting, thinning of skin, bone loss) and immune suppression can result. Common symptoms of chronically high cortisol include sleep disturbances, fatigue, anxiety, depression and weight gain in the waist. Stress and the resulting persistently elevated cortisol levels can contribute to premature aging and chronic illness.

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**DHEA-S (Dehydroepiandrosterone Sulphate)**

**About DHEA:** DHEA, a testosterone precursor, is the most abundant circulating steroid hormone. DHEA is produced predominately by the adrenal glands, the gonads, and the brain, where it functions predominantly as a metabolic intermediate in the biosynthesis of the androgen and estrogen sex steroids. DHEA-S is the sulphated form, and in blood it approaches levels 300 times that of free DHEA. Whereas DHEA levels are at a peak in the early morning, DHEA-S levels show no diurnal variation. From a practical point of view, measurement of DHEA-S is preferable to DHEA, as its levels are more stable. In the young the levels approach the high end of the range. They decrease with age and get to the lower end of normal in middle age.

**Low DHEA-S** can be caused by highly depressed adrenal function and is commonly seen in accelerated aging and diseases such as cancer.

**High DHEA-S** can be associated with insulin resistance/PCOS (polycystic ovaries)<sup>4</sup> or DHEA supplementation.

**TOTAL CORTISOL : DHEA-S RATIO**

Ratios often use the 'mean' value for the analytes being considered. The 'mean' represents the sum of all values, divided by the total number of values. It is also referred to as the 'average', and is a way of deriving the central tendencies of a group of values, because it takes into account every value in the data set. However, one can also use the 'median' value to show the ratio. The median is the 'middle' value, for which half of the observations are larger and half are smaller. The advantage of the median is that it removes extreme measurements from a data set and is not distorted by outliers or skewed data. It therefore often provides a better representation of a 'typical' value.

In the present report, when using the 'median' values for total cortisol and DHEA-S, the median ratio is 3:1 (4:1 to 5:1 if one uses the 'average' values), and is an indicator of the adrenal output of cortisol and the androgens. It is age dependent, since there is a decline in DHEA-S with age, while the levels of morning cortisol remain relatively stable or increase slightly. If the ratio is higher than normal it is due to adrenal dysfunction. When the body experiences chronic stress, pregnenolone, the precursor to all other steroidal hormones, begins to overproduce cortisol. This is at the expense of all the other steroidal hormones (DHEA and its metabolites, including progesterone, testosterone, and the estrogens). As pregnenolone is diverted to cortisol, DHEA-S depletion begins. This creates an elevated cortisol to DHEA-S ratio. If the ratio is lower than normal for that age, and the DHEA-S level is within the normal range, it is probably due to the maintenance of DHEA-S output with advancing age. However, if the ratio for that age is lower than expected, it is probably due to high DHEA-S levels, low cortisol, or both of these.

**Total Cortisol : DHEA-S Ratio and Metabolic Syndrome**

Various studies have shown that both cortisol and DHEAS are related to metabolic syndrome<sup>5</sup> and type 2 diabetes.<sup>6</sup> While high cortisol concentrations are associated with an increased risk of metabolic syndrome, high DHEA-S levels appear to be protective. By far, the strongest associations of these disease states is with the Total Cortisol : DHEA-S ratio. The higher the coefficient, the greater the risk of metabolic syndrome.

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### METABOLIC SYNDROME

Metabolic syndrome is a disorder of energy utilization and storage, diagnosed by a co-occurrence of three out of five of the following medical conditions: Elevated blood pressure, elevated fasting plasma glucose, high fasting serum triglycerides (VLDL triglyceride), low levels of fasting serum high-density lipoprotein (HDL) cholesterol and central-waist abdominal obesity, also known as visceral overweight (male- pattern or apple-shaped adiposity), manifested by fat (adipose) tissue accumulation mainly around the waist and trunk. Metabolic syndrome increases the risk of developing diabetes and cardiovascular disease, particularly heart failure. Some studies have shown the prevalence in the USA to be an estimated 34% of the adult population, and increasing with age.

Recent research indicates prolonged **chronic stress** can contribute to metabolic syndrome by disrupting the hormonal balance of the hypothalamic-pituitary-adrenal axis (HPA-axis).<sup>9</sup> The principal signs and symptoms of metabolic syndrome, as noted above, are often accompanied by impaired fasting glucose and insulin resistance, or pre-diabetes, which can manifest by numbness in the feet or hands.

Extensive literature in recent years has shown the strong relationship of metabolic syndrome to the intake of high levels of fructose, from both exogenous and endogenous sources, leading to the creation of uric acid.<sup>10</sup> This has highlighted the critical importance of proper nutrition, and how a poor, or suboptimal diet, can result in uric acid dysregulation & the development of metabolic dysfunction.<sup>11</sup>

### HYPOMETABOLISM

Hypometabolism is not an illness in itself, but rather can be termed a "condition", encompassing a variety of illnesses.<sup>12</sup> The characteristic of hypometabolism is that the biochemical processes of the body are not functioning as fast, or as well as they should. Since the biochemical reactions of the body give off heat (exothermic), hypometabolism results in hypothermia, a lowered body temperature. While the enzymatic reactions of the body give off heat, the enzymes themselves are also dependent on body heat to have their most efficient action. When body temperature is below 98.2 degrees Fahrenheit, enzymes are not functioning at their best efficiency.

This enzymatic dysfunction produces a variety of signs and symptoms, which are common to all hypometabolic conditions. These include fatigue (AM and PM), cold and heat intolerance, migraines (headaches), depression and weight gain. Other symptoms include irritability, sleep disturbance such as insomnia, anxiety (panic attacks), as well as poor memory and concentration (foggy thinking). Many individuals experience irregular periods, low sex drive, low ambition and motivation. This may be accompanied by fluid retention, irritable bowel, hair loss, dry skin and hair and generalized muscle aches and joint pain.

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### INSULIN

#### Regulation of Blood Sugar

**Obesity** is a major risk factor for a large number of conditions, including cardiovascular diseases, hypertension, cancer, and type 2 diabetes. A key factor in minimizing the impact of obesity involves reducing the prevalence of childhood obesity and monitoring overweight and at-risk individuals early on in the disease progression. Measuring salivary insulin, as a pre-screening method for type 2 diabetes, is an effective adjunct to preventative treatment, that can start before permanent damage or obesity related comorbidities occur.

**Insulin** is a hormone created by the Langerhans  $\beta$ -cells of the pancreas, that controls the amount of glucose in the bloodstream. Insulin also helps store glucose in the liver, fat, and muscles. Finally, it regulates the body's metabolism of carbohydrates, fats, and proteins.

**Cortisol** is a potent insulin-antagonistic hormone, inhibiting insulin secretion, stimulating glucagon secretion and disrupting insulin signaling. Cortisol inhibits insulin release and reduces GLP-1 (glucagon-like peptide-1) production, and its positive effects on insulin secretion, thereby also reducing insulin secretion.

#### Hypoglycemia and Adrenal Insufficiency

During acute stress the adrenal glands respond by releasing cortisol, the primary stress hormone. As cortisol rises, both fat and muscle become less sensitive to insulin, making more glucose available in the bloodstream. Cortisol helps the body to manage stress, converting protein into glucose to boost decreasing blood glucose levels. In this regard it works in tandem with insulin to maintain constant blood sugar levels and reduce inflammation.

With chronic stress, a problem arises for both the adrenals and blood glucose levels. Because the body is forced to generate more energy, at a certain point it can no longer meet the high demand for glucose. The body then enters a stage of hypoglycemia (low blood sugar), manifesting low cortisol levels, despite the continued high levels of stress.

With increased insulin and decreased cortisol levels, blood sugar may drop at an alarming rate, because cortisol, amongst other hormones, is not facilitating the conversion of carbohydrates and fats into glucose.

In addition, stress itself can trigger large blood glucose swings, which can hamper the body's ability to maintain a blood sugar balance, further worsening the symptoms of hypoglycemia.

Finally, elevated fasting insulin levels - a hallmark of insulin resistance - can precede the onset of type 2 diabetes by several years and may be used to monitor and assess changes in lifestyle to reduce disease risk.<sup>13</sup>



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**Measuring Insulin in Blood and Saliva**

Fasting salivary insulin has a near-linear correlation to fasting serum levels (0.92) and is a reliable option to the serum measurements.<sup>14</sup> Earlier research has shown that there is a ~30 minute delay in the rise of salivary insulin and the spike in serum insulin levels during an oral glucose tolerance test.<sup>15</sup> Therefore, saliva presents a non-invasive way of assessing and monitoring insulin levels in overweight or obese pre-symptomatic individuals. It has also shown usefulness in clinical situations such as imbalanced blood lipids and early stage diabetes.

**a) Fasting Saliva Insulin:** This test is chiefly used to measure insulin levels when diagnosing diabetes and insulin resistance. Elevated insulin levels are most often caused by insulin resistance - a condition in which the body doesn't respond well to the effects of insulin. Insulin resistance may eventually lead to the development of type 2 diabetes and may increase the risk of heart disease, cancer, and Alzheimer's.

**b) Non-Fasting Saliva Insulin:** In blood, one uses the A1C test, which measures the average blood sugar level of an individual over a period of two to three months. With saliva insulin the levels vary with type of meal and time of sample collection. Non-fasting insulin levels may be elevated in cases of insulin resistance.

**Insulin Resistance and Depressive Disorders**

There is accumulating biological evidence linking insulin resistance with the development of depressive disorders, a leading cause of disability worldwide.<sup>16</sup> Both men and women show metabolic derangements associated with the depressive disorders, with women tending to show elevations in biomarkers related to an increased risk of type 2 diabetes, while men also exhibited marked increases in CRP, a biomarker of cardiovascular disease risk.<sup>17</sup> In a very recent study from Holland, three surrogate measures of insulin resistance positively predicted 'incident major depressive disorder', defined as the occurrence of a participant's first depressive episode, in a 9-year follow-up period among adults with no history of depression or anxiety disorder. The findings highlight that these measurements may have utility for evaluating the risk for the development of major depression among patients with insulin resistance or metabolic pathology.<sup>18</sup>

**SECRETORY IgA (SIgA)**

Secretory IgA (SIgA) reflects the resilience of the immune response and the effect of stress on the immune system. SIgA is a product of activated B cells lying in intimate contact with mucosal membranes in the nasal passages, oral cavity, the lacrimal glands, the gastrointestinal and respiratory tracts, as well as the genitourinary tract. All these mucosal surfaces are exposed to the external environment, and SIgA is an important part of the first line of immune defense against pathogens that cause infection. It binds to these infectious pathogens and prevents their adhesion and penetration into the body.

The SIgA value is shown in a box to the right. The reference ranges are shown below, in quintiles. When the value in the box lies in the very low or very high quintiles, the box is shown in red, to signify that it is outside the normal range.

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**Very Low levels** (< 16.5 µg/ml) may be an indication of an impaired intestinal barrier function, chronic GI infections, bacterial overgrowth of the small intestine (SIBO), parasitic infections, gliadin intolerance, inflammatory bowel disease, as well as food allergies and sensitivities. Decreased levels also occur with the use of anti-inflammatory drugs and in cases of autonomic nervous system imbalance. Chronic stress, both physical and mental, is generally associated with low SIgA levels<sup>20</sup>. Stress, both physical and emotional, and mediated by cortisol, can result in an inadequate production of SIgA in response to a mucosal infection<sup>21</sup>. In particular, when cortisol levels are chronically elevated, SIgA production decreases, which increases the risk of infection.

**Low** (16.5 - 128 µg/ml), **Mid-Range** (128 - 223 µg/ml) and **High** (223 - 359 µg/ml) **levels** need to be considered in the context of the patient's overall presentation and available diagnostic data. Certain individuals may have a SIgA deficiency which isn't genetic, but rather is caused by environmental or lifestyle factors such as poor diets, nutrient deficiencies, certain drugs (including anti-inflammatories), viruses, impaired immune function and excessive stress.

**Very High levels** (223 - 359 µg/ml) may reflect an activated immune response to chronic infections including viral infections such as EBV (Epstein–Barr virus), CMV (Cytomegalovirus) and HIV. It may also be an indication of acute stress, intestinal barrier dysfunction, and/or acute active infection of the digestive system, or acute exacerbations of inflammatory conditions such as Crohn's disease or ulcerative colitis. In addition, it may be due to heavy smoking, alcoholism, as well as acute oral infections, such as periodontitis. In general, very high levels of SIgA point to possible acute active infections and inflammatory reactions, which heighten the activation of the immune system.

FLUIDS iQ analyzes SIgA from an AM saliva collection sample. The reference ranges for SIgA in this report are derived from published literature<sup>21</sup> and laboratory data:

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**References**

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