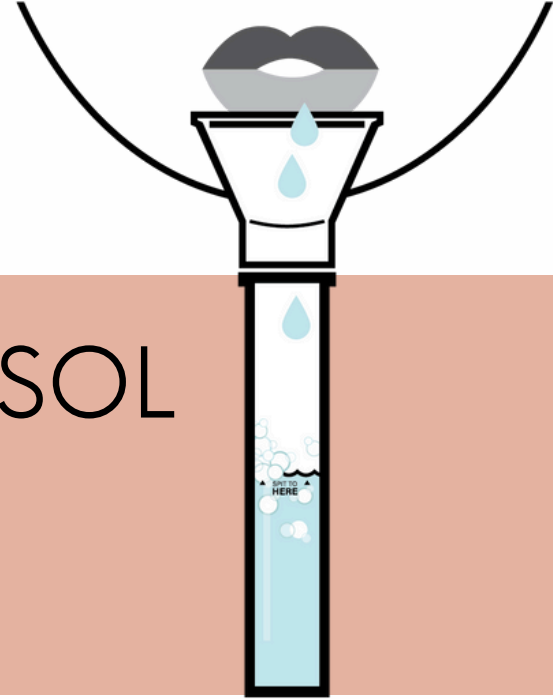




SIMPLYTEST®

FUNCTIONAL HEALTH

By Spectrum Health Science



# NONINVASIVE CORTISOL SALIVA TESTING

DIURNAL CORTISOL TESTING | SIMPLIFIED WITH SALIVA

## CORTISOL 4 POINT

SimplyTest® Cortisol 4 Point is a competitive enzyme immunoassay for the *in vitro* quantitative measurement of active free cortisol present in saliva.

Cortisol, a hormone released by the adrenal glands, naturally fluctuates throughout the day in a diurnal pattern.

Salivary cortisol testing offers a non-invasive, practical way to evaluate stress, HPA axis function, and overall health, especially concerning stress related and metabolic conditions.

- Non-Invasive & simple to collect whether at home or in a clinical setting.
- Saliva contains "free" cortisol, the biologically active form of the hormone unbound to protein.

## BENEFITS OF SALIVA

Serum and urinary cortisol measurements have been used for decades to evaluate pituitary-adrenal axis function.

Salivary cortisol levels have been shown to correlate with serum levels, providing the same clinical information through a noninvasive method.

Salivary cortisol levels are used in subsequent endocrine testing, including the dexamethasone suppression test (DST) to identify Cushing's Syndrome and the cosyntropin stimulation test (ACTH) to diagnose Addison's disease.

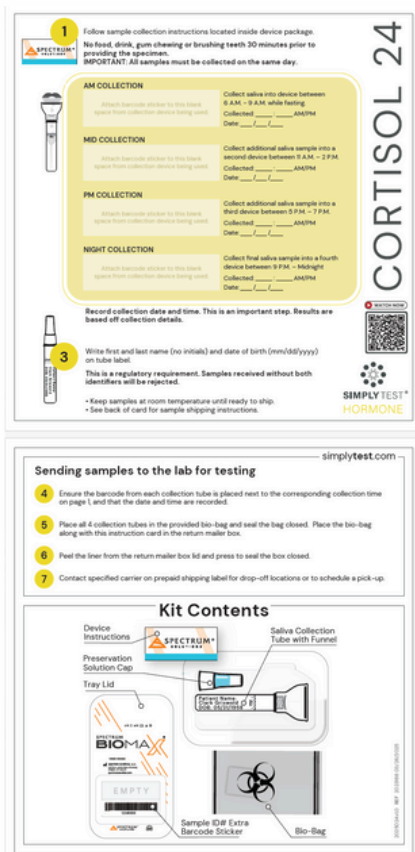
- Saliva collection avoids the stress impact a blood draw can have on hormone levels
- When multiple samples are needed, saliva collection allows for easy, convenient sampling with minimal disruption to daily activities.

## HOW TO TEST








Cortisol levels vary throughout the day and are highest in the early morning and lower in the afternoon or early evening.

Four saliva samples are collected the same day to establish the diurnal pattern of cortisol production.

-  AM Collection 6AM - 9AM
-  Mid Collection 11AM - 2PM
-  PM Collection 5PM - 7PM
-  Night Collection 9PM - Midnight



## CONDITIONS LINKED TO CORTISOL IMBALANCES

-  **SLEEP DISORDERS**  
Imbalances in cortisol levels can disrupt the body's natural sleep-wake cycle.
-  **MENTAL HEALTH**  
Consistently high or low cortisol levels are linked to mental health conditions such as stress, anxiety, depression, PTSD, and bipolar disorder.
-  **COGNITIVE DISORDERS**  
Chronic high cortisol is a known risk factor for neurodegenerative disorders like dementia.
-  **CARDIOVASCULAR HEALTH**  
Chronic high cortisol from prolonged stress is linked to cardiac risk factors like high blood pressure, triglycerides, and glucose, contributing to atherosclerosis.
-  **METABOLIC HEALTH**  
Long term stress is linked to hyperglycemia and increased risk of Type 2 diabetes.
-  **CANCER RISK**  
Elevated cortisol increases the production of growth factors and blood flow, potentially accelerating cancerous tumor formation.
-  **IMMUNE FUNCTION**  
Chronic exposure to elevated cortisol levels can lead to immune suppression and dysregulation, increasing susceptibility to infections and other health issues.
-  **HPA AXIS DISORDERS**  
Abnormally high levels - Cushing's Disease  
Abnormally low levels - Addison's Disease

### - REFERENCES -

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