



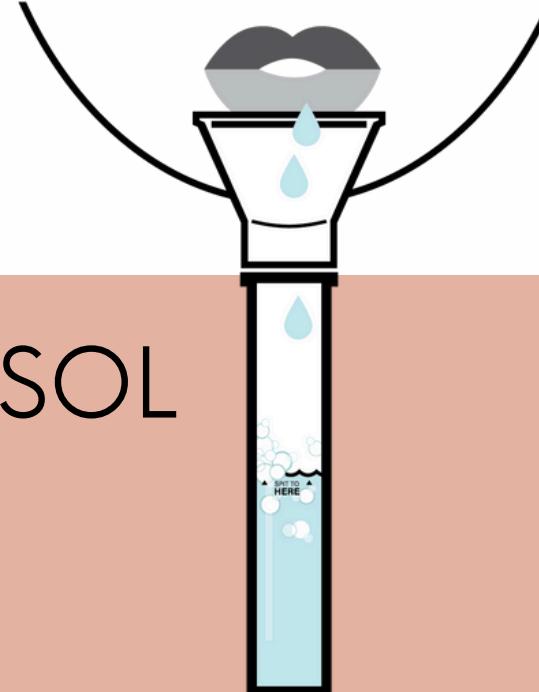
SIMPLYTEST®

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.

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.

 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.

 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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