



The most complete line of endocrine testing

Adrenal - Thyroid Profile

sample type: **SALIVA & URINE**

The **Adrenal - Thyroid Profile** consists of the **Adrenal Stress Profile**, which measures the circadian fluctuation of stress hormones **cortisol** and **DHEA**, as well as **urinary T3** levels from a first morning urine sample. This profile can help to identify those hypothyroid patients with concomitant adrenal dysfunction, allowing for more finely-targeted treatment.

Adrenal gland evaluation is commonly considered for patients with fatigue and a host of other complaints resulting from a history of chronic physical, psychological or physiological stress. Many of the symptoms of adrenal fatigue can be equally attributed to thyroid dysfunction, and poor adrenal reserve can also lead to secondary hypothyroid function.

Symptoms related to thyroid and/or adrenal hypo-function:

- Excessive Fatigue
- Low body temperature
- Anxiety
- Low sex drive
- Menopausal problems
- Difficulty losing weight
- Cold intolerance
- Depression
- Irregular bowel function
- Menstrual irregularities
- Unexplained weight gain
- Poor immune status

Thyroid conditions can prove difficult to diagnose, especially subclinical thyroid dysfunction, which is a common clinical problem where serum thyroid markers may often be 'normal'. Urinary T3 levels however, are a sensitive measure of the active thyroid hormone, which can give a more accurate reflection of overall thyroid status.

This test is not recommended for those on Thyroxin medication or natural desiccated thyroid extract such as Armour. For these individuals the 24-hour Urine Thyroid test would be a more suitable choice.

• **Analytes:**

DHEA
Cortisol
Urinary T3

• **Specimen Requirement:**

1 x first morning urine sample and
4 x saliva samples collected at
timed intervals over the course
of 1 day

Accession No:



Genova Diagnostics
Europe

Adrenal - Thyroid Profile

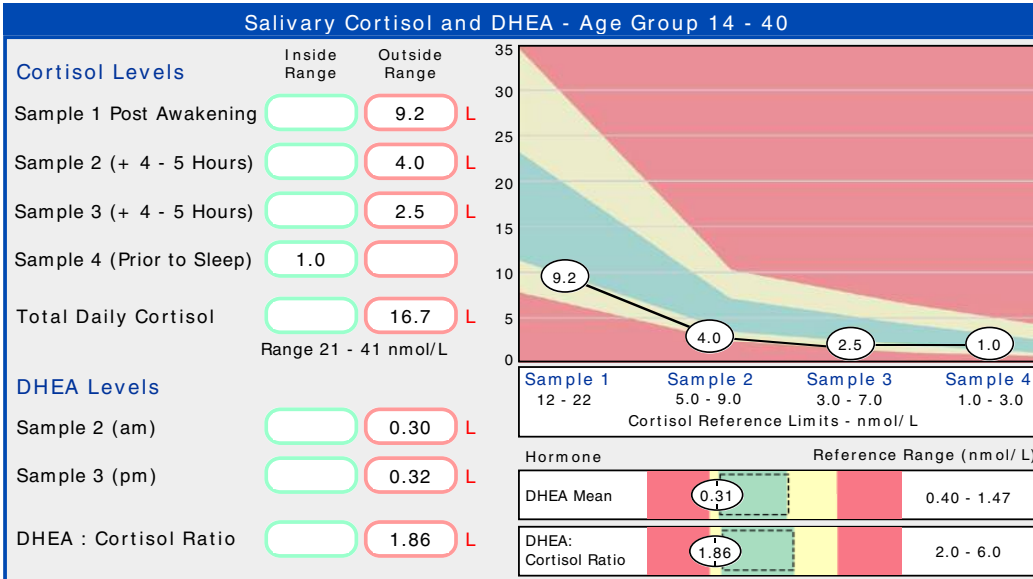
Patient Details

Ms Sample Report
Parkgate House
356 West Barnes Lane
New Malden
Surrey
KT3 6NB

Practitioner Details

Genova Diagnostics (Europe)
Parkgate House
356 West Barnes Lane
New Malden
Surrey
KT3 6NB

Client ID No: IWX500220
Accession No:
Patients DOB: 20/03/1975
Sample Date:
Date Of Report: 09/12/2008



Adrenal Stress Stage

Exhaustion Stage: This is generally a state of insufficient production of adrenal hormones after multiple years of persistent stressors with insufficient coping mechanisms. Patients usually present with fatigue, poor energy and immune system hypofunction. They may exhibit chronic anxiety. In some patients this represents impaired response to shorter-term stressors (i.e. overreactivity to short term stress). Adrenal support and restoration measures, as well as identification and balancing of major stressors are indicated. This state should not be confused with Addison's disease, which is a near absence of adrenal hormones, and is a medical emergency.

Urine T3 (FMV) Results

Analyte	Result	Units	Normal Range
Triiodothyronine (T3)	138 L	nmol/mol creatinine	147 - 591

Analyte	Reference Range (nmol/ mol)
Urine T3	138.0 (147 - 591)

For test kits, clinical support, or more information contact:

Genova Diagnostics, Europe
Parkgate House
356 West Barnes Lane
New Malden
Surrey
KT3 6NB

+44 (0)20 8336 7750 • Fax: +44 (0)20 8336 7751

More detailed publications with references are also available: www.GDXuk.net