



* US BioTek US BioTek, 16020 Linden Av N, Shoreline WA 98133

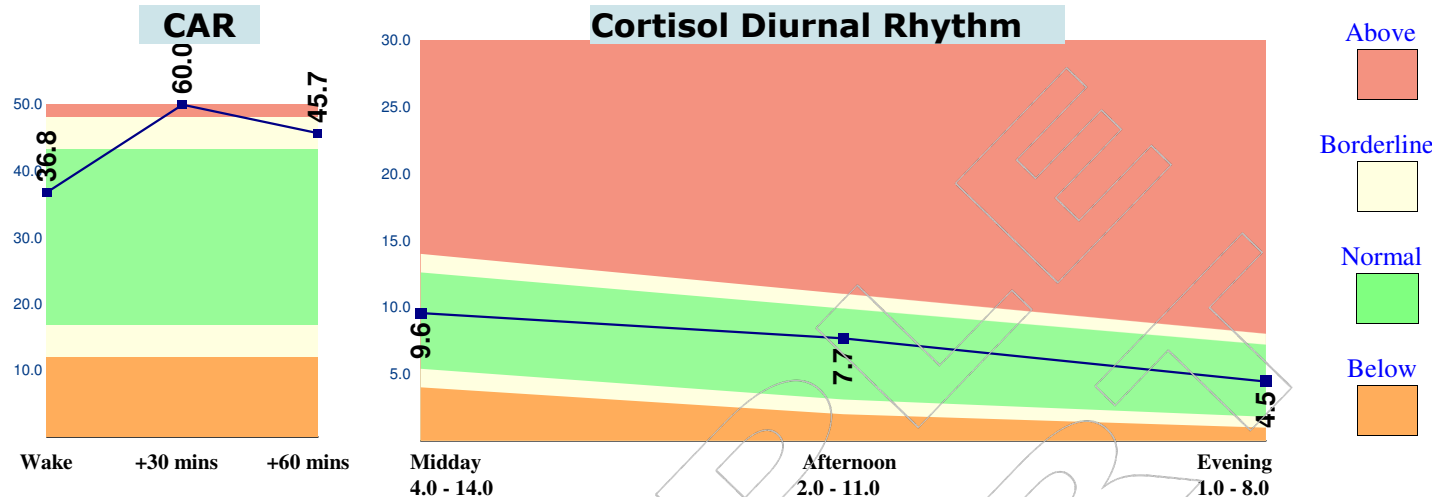
Lab ID 250920002
Patient ID PAT-100009
Ext ID 25092-0002

Test Patient

Sex: Female • 45yrs • 01-Jan-80

RECEIVED
01-Mar-25

CORTISOL AWAKENING RESPONSE (CAR)



Cortisol Profile, Waking

36.8



12.0 - 48.0 nmol/L

Cortisol Profile, Waking+30min

60.0^H



12.0 - 48.0 nmol/L

Cortisol Profile, Waking+60min

45.7



12.0 - 48.0 nmol/L

Cortisol Profile, Midday

9.6



4.0 - 14.0 nmol/L

Cortisol Profile, Afternoon

7.7



2.0 - 11.0 nmol/L

Cortisol Profile, Evening

4.5



1.0 - 8.0 nmol/L

Cortisol Profile, Total CAR

81.7^H



19.0 - 81.0 nmol/L

DHEAS Profile, Waking+30min

24.7



5.0 - 30.0 nmol/L

Cortisol/DHEAS Ratio CAR

2.4^L



4.0 - 6.0 RATIO

CAR Rise Response

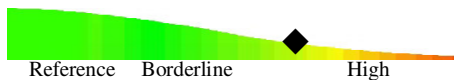
63.0^H



35.0 - 60.0 %

CAR Decline Response

24.2



0.0 - 33.0 %



US BioTek · PATIENT REPORT

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Clinical
Laboratory
Improvement
Amendments



25092-0002

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CAR Comments

CORTISOL AWAKENING RESPONSE:

The cortisol awakening response (CAR) test is a transient, immediate rise in cortisol upon awakening and is distinct from the diurnal rhythm. In a normal individual without significant stressors, cortisol is highest in the morning shortly after awakening, rises by up to 60% roughly 30 minutes after awakening, then steadily drops throughout the day, reaching the lowest level during sleep in the very early morning about 2 am. A loss of the expected curve with its characteristic morning peak and steady decline towards evening may suggest HPA axis dysfunction.

CAR RISE RESPONSE IS ELEVATED:

The percentage rise in cortisol from waking to 30 minutes post-waking is elevated. The excess surge in cortisol is believed to be due to a patient's response in anticipation of the day ahead. An increased CAR is observed in individuals with perceived elevated burden, manifesting in Cortisol overproduction.

CAR DECLINE RESPONSE WITHIN NORMAL RANGE:

The decline in Cortisol from waking to 60 minutes post-waking is within normal range. This is consistent with normal Cortisol production/metabolism.

MIDDAY CORTISOL LEVEL IS WITHIN RANGE:

Midday Cortisol level is adequate and within range.

LATE AFTERNOON CORTISOL LEVEL IS WITHIN RANGE:

Late afternoon cortisol level is adequate and within range.

EVENING CORTISOL LEVEL WITHIN RANGE:

Saliva evening cortisol level is normal and within range.

Tests ordered: CAR

FINAL REPORT on 06 Sep 2023