



## Adrenal Stress Index Panel



**The Diagnos-Techs™ Adrenal Stress Index (ASI)** is a non-invasive way to help evaluate the effects of stress on your body. It includes 10 tests for six different hormones and immune markers that may be affected by chronic stress or other conditions.

### The Adrenal Stress Index can:

- Help to identify possible causes of excessive fatigue
- Help your physician understand how to reduce your food cravings and build and maintain muscle mass
- Identify underlying reasons for chronic infections such as sinusitis or other recurrent respiratory infections
- Help your doctor to determine if a gluten-free diet may be right for you
- Identify possible reasons why you may have difficulty falling asleep or staying asleep

### Four saliva samples are used to assess the following:

Cortisol	Helps evaluate the stress response
Insulin	Helps investigate blood sugar control
DHEA/DHEA-S	Helps determine degree to which other hormones may be affected by cortisol changes
Secretory IgA	Helps evaluate the toll of stress on immunity
17-OH progesterone	Helps determine underlying causes of abnormal cortisol levels
Gluten antibodies	Helps identify immune response to gluten

### Convenient, Simple and Thorough

- Collection is non-invasive and painless
- Samples can be conveniently collected from your home, office or other location
- Saliva is collected over a period of 24 hours, providing more complete information about your body's stress response
- Only the free or active level of cortisol is measured

The Adrenal Stress Index is a comprehensive test that provides your doctor with more information than standard serum and urine test results.

### The Adrenal Stress Index Panel can be helpful for patients with:

- Chronic stress and stress-related health problems
- Fatigue or lack of energy
- Muscle and joint pain or weakness
- Blood sugar dysregulation
- Osteopenia or osteoporosis
- Insomnia, sleep disturbances or difficulty waking
- Poor memory or difficulty retaining information
- Irritability or mood swings
- Changes in skin integrity, easy bruising or excessive stretch marks
- Frequent or chronic infections
- Hypertension
- Increased waist-to-hip ratio or abdominal obesity
- Anxiety or depression

## The Adrenal Rhythm and Its Importance

The adrenal glands secrete cortisol in a 24-hour cycle (circadian rhythm), with the highest amount released in the morning and the lowest amount released at night. Certain situations such as stressful events, skipping or delaying meals, or sleep disruptions can cause the adrenals to secrete excess cortisol. Abnormal cortisol levels can have widespread effects throughout the body and may contribute to a wide range of health conditions, but treatment options are available if these abnormalities are detected.

### Cortisol levels can influence:

- Energy production
- Bone health
- Immune system function
- Sleep quality
- Skin integrity
- Thyroid health
- Muscle strength
- Brain function
- Emotional health



### What to Expect

Your healthcare provider will give you a test kit containing the supplies you need to collect your test samples. Depending on which panel your healthcare provider decides is best, you will collect 4-5 saliva samples over a period of 24 hours. Complete instructions regarding sample collection (along with foods, supplements, and activities to avoid during the test period) are included with your kit. You will need to refrigerate your samples until all collections are complete. Next, you will package

samples in the box provided, affix the mailing label included with your kit, and ship the completed kit from your nearest UPS location.

Your healthcare provider will receive your results in approximately 1-2 weeks. This information can then be used to create a customized treatment plan and to determine the next steps in working toward your health goals.

## Ask your physician about additional test panels available from Diagnostics-Techs:



Adrenal Stress Index Panel



Bone Health Panel



Cycling Female Hormone Panels



Peri and Post Menopause Hormone Panels



Male Hormone Panels



Food Allergy (Sensitivity) Panel



Gastrointestinal Health Panels

For additional patient information, please visit our website at [www.dianostechs.com](http://www.dianostechs.com)

