

ANNOUNCEMENT

Date: July 13, 2011

Foundation Laboratory is pleased to announce that effective July 18, 2011 serum Cortisol will be performed in-house.

Cortisol is released by the adrenal glands and controls the stress level in the body. Due to the nature of Cortisol production in the body, the levels are higher in the morning and continue to fall throughout the day leading to its lowest level at night. Stress is the main stimulus for production of Cortisol and levels can be affected by some medications. Birth control pills, estrogen replacement, Dilantin (phenytoin), and some androgens cause elevation of Cortisol. Some medical or emotional conditions such as abnormal ACTH levels, clinical depression, psychological stress, hypoglycemia, fever, surgery, trauma, fear, pain, physical exertion as well as extreme heat will affect the Cortisol levels.

Cortisol is also involved in proper glucose metabolism, regulation of blood pressure, insulin release, immune function and inflammatory response. Some of the positive effects are quick burst of energy, heightened memory function, burst of increased immunity, lowering sensitivity to pain and maintaining homeostasis in the body.

Higher and more prolonged levels of Cortisol levels have negative effects such as impaired cognitive performance, suppressed thyroid function, hypoglycemia, decreased bone density, decrease in muscle tissue, higher blood pressure, lowered immunity and inflammatory process and increased abdominal fat.

Measurement of Cortisol at Foundation is by Immunochemiluminescence method.

Specimen Requirements:

- Specimen requirement 1 mL Serum (SST)
- Separated Serum specimen need to be shipped refrigerated

Turn Around Time:

- 4 days

For supplies and other needs please contact your Foundation Laboratory representative.

Sincerely,

Reza M. Massoumi, Ph.D.
Laboratory Manager