



Stress Assessment

Cortisol Biorhythm in Relation
to Stress

SYNLAB 
SOLUTIONS IN DIAGNOSTICS

www.synlanb-sd.com



Why undergoing this examination?

Stress is an adaptable physiological mechanism triggered when an individual perceives a situation as a threat and needs to mobilize physical or mental resources to face it. The physiological response to stress is a natural and positive process, as it involves a defensive reaction of the body to external and internal assaults. It is highly beneficial in specific and brief situations but becomes a threat to health when it persists over time, becoming chronic.

Current lifestyle exposes us to stress situations that are not dangerous if they occur punctually but can significantly affect our quality of life when prolonged.

What is the exam?

The **Stress Assessment - Cortisol Biorhythm** test involves determining cortisol and DHEA-S levels in saliva at different times of the day (08h, 13h, 16h, 00h), aiming to identify biological stress patterns and provide information about the stress phase the patient is experiencing..

For whom is it indicated?

- Patients with symptoms associated with stress;
- Patients with occupational burnout syndrome;
- Patients with professional exhaustion syndrome;
- Patients who want to proactively manage their health.

Technology

Enzyme Immunoassay.

Advantages

SYNLAB GROUP

Guaranteed by the experience of the absolute European leader in laboratory diagnostics.

COMPLETE

Report with objective results and detailed description.

Extra Information

DOCUMENTATION - Available on the SYNLAB Direct for clients

- Informed Consent;
- Clinical Questionnaire.

PREPARATION

- Fasting is recommended for at least 60 minutes before collecting samples, including beverages and chewing gum;
- It is recommended not to take oral medications 60 minutes before collection;
- Do not smoke or brush teeth for at least 60 minutes before sample collection.



Delivery Time

8 business days



Sample Type

Saliva