

The DUTCH Plus

Comprehensive hormone testing, plus the first hour after waking

Richard Koffler, MD

Miami Beach, FL · Woodbury, NY

WHY THIS PANEL

What The DUTCH Plus Adds

The DUTCH Complete measures sex hormones and their metabolites, the daily pattern of free cortisol, and the total and distribution of cortisol metabolites. It is a thorough picture of a hormonal day.

The DUTCH Plus adds one thing: the cortisol awakening response. That single addition brings a piece of HPA-axis function into focus that no other part of the panel can reach.

How Collection Works

Four dried urine samples and five saliva samples, collected across a single ordinary day from waking to bedtime. Nothing is fasted, nothing is restricted, and the samples post back in a prepaid envelope.

THE MECHANISM

What Is The Cortisol Awakening Response?

When you open your eyes in the morning, cortisol rises sharply. Thirty minutes after waking it is still climbing. By sixty minutes it has peaked and begun to fall.

That rise and fall works as a short stress test. Research indicates the size of the increase corresponds with HPA-axis function even when every individual sample sits inside its reference range.

Capturing it needs saliva collected at the moment of waking and twice more at precise intervals. That timing is impractical with urine alone, which is why the Plus kit includes salivary collection devices.

Why It Can Be Missed

A patient can show normal free cortisol across the whole day and still have a blunted or exaggerated response to waking. The daytime curve looks unremarkable; the response to a stressor is where the dysfunction sits.

4

dried urine samples

waking, midday, evening, bedtime

5

saliva samples

waking, +30, +60, dinner, bedtime

1

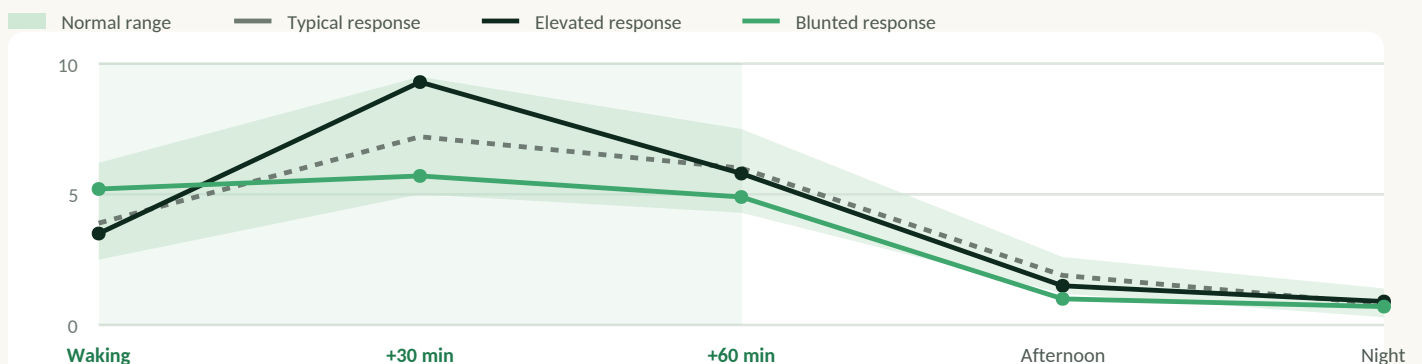
collection day

no fasting, no dietary change

THE CURVE IN QUESTION

Three Ways The Morning Can Go

All three can look normal by mid-afternoon



Reading The Response

Richard Koffler, MD

Miami Beach, FL · Woodbury, NY

What a low or elevated cortisol awakening response can indicate

A LOW OR BLUNTED RESPONSE

When The Rise Does Not Come

A reduced awakening response has been associated in the research literature with:

- An underactive HPA axis
- Psychological burnout and exhaustion
- Seasonal affective disorder
- Sleep apnea, or poor sleep generally
- Post-traumatic stress disorder
- Chronic fatigue and chronic pain
- Systemic hypertension and functional GI conditions
- Postpartum depression and autoimmune disease

AN ELEVATED RESPONSE

When The Rise Overshoots

An exaggerated awakening response has been associated with:

- An over-reactive HPA axis
- Ongoing job-related or anticipatory stress
- Glycemic dysregulation
- Pain on waking, including joint pain and migraine
- General depression, distinct from SAD

Insomnia And Night Waking

Where sleep is the presenting complaint, the panel also reports free cortisol through the day including bedtime, overnight melatonin production, progesterone, and VMA — the primary metabolite of norepinephrine and epinephrine. Together these help establish whether cortisol is contributing to the sleep disturbance.

What The Report Covers

Estrogens and their metabolites, androgens including testosterone and DHEA-S, progesterone metabolites, cortisol and cortisone, melatonin, oxidative stress, and organic acid markers.

The diurnal pattern of free cortisol and cortisone is included, together with the cortisol awakening response and the metabolised cortisol total.

01

Consultation

We confirm the panel fits your case

02

Collect at home

One day, posted back prepaid

03

Review together

Results in three to four weeks

BEFORE YOU ORDER

Testing is arranged and interpreted through Holistic Medical Wellness. Laboratory analysis is performed by Precision Analytical Inc., the developer of the DUTCH test. Your results are reviewed with your provider — a report on its own is not a diagnosis. Call or text (888) 896-5577 to discuss whether this panel fits your case.