

PATIENT		SPECIMEN ID		SAMPLE		REPORT	
DOB	Apr 12, 1985	Current	COR-SAMPLE-901	Collected	Jul 15, 2026	Issued	Jul 24, 2026
Sex	Female	Previous	COR-SAMPLE-900	Received	Jul 17, 2026	Re-test	Jan 24, 2027

THE READING

347

PG/MG

Reference range 30 – 200 pg/mg

PREVIOUS

168 pg/mg

COR-SAMPLE-900

CHANGE

+179 pg/mg

+107% over the prior window



ABOUT THIS MEASUREMENT

How to read a hair-cortisol value

Hair-cortisol values above the commonly reported population range can arise from a wide range of sources, many of them not indicative of any specific condition. Physiological states such as pregnancy produce well-documented multi-fold rises across gestation; exogenous glucocorticoid exposure — including inhaled, oral, or topical corticosteroid use — can also raise the value independently of endogenous cortisol production. Sustained chronic stress, shift work, and major depressive episodes have been associated with higher values in research, with findings varying by population. The same range has also been studied as a long-term marker in Cushing's syndrome research and in association with cardiometabolic risk factors. None of these contexts can be reliably inferred from a single hair-cortisol measurement.

RESEARCH FINDINGS ON HAIR CORTISOL

- Hair grows ~1 cm/month; the proximal 3 cm reflects roughly the past three months. *Wennig, 2000 · PMID 10689559*
- Hair-cortisol concentrations have been examined in Cushing's syndrome research as a long-term marker of cortisol exposure, with performance comparable to first-line biochemical screening. *Hodes et al., 2018 · PMID 30234410*
- Higher hair-cortisol values have been associated in research with chronic-stress exposure, cardiovascular disease, and cardiometabolic risk factors including adiposity and blood pressure. *Iob & Steptoe, 2019 · PMID 31471749*
- Meta-analytic data show hair-cortisol values approximately 22% higher in groups exposed to chronic stress, rising to ~43% when the stress remains ongoing at the time of measurement. *Stalder et al., 2017 · PMID 28135674*

The research findings above describe published literature; they do not interpret the individual value in this report.



Scan for sources

IMPORTANT

Research use only. "Research use" means this report provides an observational measurement intended for personal research and education — it is not a clinical or diagnostic test. The value here is not validated as a basis for medical decisions. Nothing in this report is intended to diagnose, prevent, mitigate, treat, or screen for any health condition, or to replace consultation with a qualified health professional. If anything here prompts a question about your health, please discuss it with a provider of your choice.