Cleveland's Center for Healing
HYPERION™
Functional Medicine

CANCERROOT HPA AXIS DYSFUNCTION PROGRAM

Cortisol Levels Can Improve Your Cancer Prognosis and Decrease Progression of your Disease.

The main hormone impacting cancer in the HPA axis is cortisol and cortisol is the hormone of focus in our program. Cortisol is known as the stress hormone. It's actions make it a key player in the stress response, whether acute or chronic. High cortisol levels in cancer patients have been associated with a worse prognosis and faster cancer progression[1].

Chemotherapy and radiation can both have an impact on cortisol levels. Cortisol plays a role in regulating the immune system, and elevated cortisol levels can suppress the body's immune response, potentially affecting the immune system's ability to detect and destroy cancer cells.

You now have a tool available to make an impact on your cancer's progression by reducing cortisol levels. Our program will allow you to test cortisol levels over a 24-hour period, so we can then review and determine if you have dysfunction in the HPA axis and if elevations of cortisol need to be addressed. In most cases cancer patients have elevated cortisol levels because of their continuous levels of stress.

The test we use is the ZRT *Cortisol Awakening Response Profile (CAR)*. Six salivary cortisol measurements are taken during a 24-hour period in the Cortisol Awakening Response Profile. These measurements allow us to determine your cortisol awakening response, which is the natural increase in cortisol levels that occurs within the first hour after waking. By evaluating cortisol levels at these time points, the CAR profile provides insights into the body's stress response dynamics and diurnal cortisol rhythm.

CancerRoot HPA Axis Dysfunction Program:

1. A one-hour appointment with Jen Bouchard APN to review your medical history, and detail your cancer history including treatment, and symptoms that may be related to cortisol elevations. The ZRT Cortisol Awakening Response Profile (CAR) will be ordered for you during that initial visit and sent to your home
2. After you've completed the test, and the results are sent back to Hyperion functional medicine you will be contacted to schedule a follow-up appointment with Jen Bouchard. In this one-hour appointment, we will review your test results, and give you tools you'll need to decrease cortisol levels if the test indicates elevations.

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The cost of the program, which includes the cost of testing, is $499.00.

After you complete the CancerRoot HPA Axis Dysfunction Program, and you desire to make a **deeper impact on your journey with cancer**, you can move into the functional oncology phase 1 program to address the other cancer roots impacting your cancer journey. You will have the opportunity to build a healing relationship through continued appointments with Jen Bouchard APN, our holistic nutritionist Tamara, and functional medicine health coach Yvonne, the $499.00 charge will be discounted from the Hyperion functional oncology program's total cost. You will have a head start optimizing your healing!

[1]Figueira JA, Sarafim-Silva BAM, Gonçalves GM, Aranha LN, Lopes FL, Corrente JE, Biasoli ÉR, Miyahara GI, Bernabé DG. Predisposing factors for increased cortisol levels in oral cancer patients. Compr Psychoneuroendocrinol. 2022 Jan 6;9:100110. doi: 10.1016/j.cpnec.2022.100110. PMID: 35755918; PMCID: PMC9216328.