

# COREPSYCH

Comprehensive Evidence - Persistent Review  
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## NeuroEndocrine Testing from NeuroScience

First, go to [www.corepsychblog.com](http://www.corepsychblog.com) and Google/Search the word "hormone" to review posts there on the subject.

NeuroScience's NeuroEndocrine Expanded Panel tests for 12 neurotransmitters, 4 cortisols, and 6 sex hormones. All of these chemicals can have mutual effects on each other, as well as brain and body function. That is the reason CorePsych and NeuroScience recommend testing them all together.

### **Neurotransmitters:**

Neurotransmitters are important chemical messengers in the nervous system. The brain uses neurotransmitters to communicate with the rest of your body: telling you heart to beat, your lungs to breathe, and are also necessary for thought processes, emotions, sleep, energy, etc. The nervous system can be disrupted by numerous factors, including: stress, diet, infections, genetics, toxic chemicals, and more. These disruptions can throw your neurotransmitters off balance. This test will measure the neurotransmitter levels, with the hopes of improving those imbalances.

### **Cortisols:**

Cortisol is a hormone produced by the adrenal glands, which helps to restore homeostasis after stress. Cortisol levels vary during the day, and disruptions in that rhythm may be associated with sleep disturbances and fatigue. Cortisol levels can also affect your body's immune function. Understanding your cortisol levels can help you to understand your body's adrenal responses to stressors.

### **Hormones:**

Hormones need to be properly regulated or various health concerns can arise. Hormones are expected to shift and change during particular regular stages in a person's life, such as: puberty, menopause, and andropause. Irregular hormone imbalances can affect feminine and masculine characteristics, fertility, and other brain and body functions.

### **Billing for the Test:**

NeuroScience is a lab that is contracted as a provider with several of the major insurance networks. Because they are contracted as such, they handle all the billing and insurance filing for their tests. NeuroScience will bill you for the copay or any portion of the cost not covered by your insurance provider. The forms for such are included in the test kit, which is available at the CorePsych office.

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## Testing Procedure for the NeuroEndocrine Analysis:

1. Obtain the **NeuroEndocrine Test Kit** from the Patient Care Coordinator, and a Hormone Evaluation (to be completed and return to the Patient Care Coordinator as soon as possible).
2. Take the Test Kit home and collect the urine and saliva samples according to the instructions in the kit. Payment and insurance forms are included in the kit. Please fill those out and send them with samples in the provided kit.
3. The Patient Care Coordinator will contact the patient, when the results come in, about scheduling a 30 min. follow-up with Dr. Parker to go over the results. Follow-ups for specialized testing like this *must* go through CorePsych (see the attached policy), the fee for which is \$150 per 30 minutes with Dr. Parker (to be paid at the time of scheduling).
4. For the hormone portion of the test:  
Following your appointment with Dr. Parker, you will be instructed to schedule a one-hour consultation with **Baylor Rice, R.Ph**, Compounding Pharmacist to further discuss intervention strategies. There will be a charge of \$160 paid to South River Compounding Pharmacy for the consultation with Mr. Rice R.Ph. Mr. Rice will need the completed Hormone Evaluation for this appointment, so be sure you have returned it to Dr. Parker's office. Dr. Parker will order follow-up testing and medication as needed.
5. Mr. Rice will compound Bioidentical Hormones prescribed by Dr. Parker. The patient will need to call and schedule a 30 min. follow-up appointment with Dr. Parker for 3 weeks after beginning the hormone therapy.
6. Most clients use these medications for limited periods, depending on follow up hormone outcome studies to precisely adjust the dosage. We only repeat specific lab studies on the recommended treatments to evaluate your progress. Plan for this hormone/supplement intervention strategy to last at least 1 year to assess progress. Recovery from adrenal fatigue issues take longer than at first expected.
7. Some clients may require medications over a longer duration, depending on the laboratory findings. Your re-evaluation and response to treatment will give us that information.
8. Expect a *routine retest in 6 months* for the specific medications/supplements prescribed. Hormones may need to be retested at 3 months. If we continue medications, regular review of the specific treatment will be scheduled either biannually or annually.