

Origination Date: 08/05	Revision Date(s): 08/06, 12/06, 12/07, 1/09, 2/11
Developed By: Medical Criteria Committee	



Approved: Neal Mills MD, MBA **Date:** 3/15/2011

Description:

Over the last several years, there has been an increased interest in testing hormone levels using saliva rather than blood, plasma, or urine. The tests available include but are not limited to progesterone, estrogen, testosterone, melatonin, and dehydroepiandrosterone (DHEA). The advantages to salivary hormone testing include the noninvasive nature and ease and convenience of sample collection, which can be done in the home. Salivary hormone tests are primarily promoted for the evaluation of menopause and aging and are now available to consumers over the internet without the need of a physician's prescription.

Cortisol salivary hormone testing can be utilized to diagnose Cushing's syndrome. Cushing's syndrome is a hormonal disorder caused by prolonged exposure of the body's tissues to high levels of cortisol hormone. While other conditions can have the same symptoms and signs, Cushing's syndrome can be diagnosed by measuring excessive cortisol levels. Cortisol levels vary throughout the day but drop considerably during the night. Due to the limitations of the current available diagnostic tests for Cushing's syndrome (dexamethasone suppression test and 24-hour free cortisol level test) late night salivary cortisol test is a simple way to screen for Cushing's syndrome. This test has a high diagnostic specificity and sensitivity.

Criteria:

ODS will cover Salivary Hormone Testing for cortisol to plan limitations:

1. To evaluated suspected endogenous hypercortisolism of Cushing's syndrome in children or adults.
2. Test must be ordered by a physician or other qualified health professional **and**
3. Performed in a CLIA (Clinical Laboratory Improvement Amendments) approved laboratory.

ODS considers salivary hormone testing experimental and investigational for the screening, diagnosis and/or monitoring of menopause or diseases related to aging, or any other indications. These tests have not been proven to be valid alternatives to serum tests. There are no published national practice guidelines that advocate the use of salivary hormone testing in the diagnosis, treatment or monitoring of patients with menopause, osteoporosis, or other consequences of aging.

Information to be Submitted with Pre-Authorization Request:

Salivary hormone testing is considered to be experimental/investigational by ODS for all other conditions not listed above. .

References:

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