



Recommended Lab Tests



MAKE YOUR LAB VISIT COUNT!

Essential Tests for Women 40+

Did you know your doctor might not be recommending all the labs you need?

This guide includes a list of annual tests every woman over 40 should consider. Depending on your results and age, your doctor may suggest testing more frequently.

Few points to keep in mind to stay proactive about your health!

- Often the lab results are put into standard ranges, however in many cases optimal ranges are where we ideally want to be and maintain.
- Once tests are completed, you can share results with me and we can discuss the optimal ranges for each test marker for blood sugar and hormone support and how to present this feedback with your doctor.
- As noted in the list, specific tests recommended for women diagnosed with type 1 diabetes, prediabetes or type 2 diabetes.

Some of these tests are called panels, which are prearranged groups of related tests.

- A1C
- B-12
- Blood Urea-nitrogen (BUN) (kidney function)
- Copper (mineral)
- CBC w/Diff (blood cell health)
- CMP (comprehensive metabolic panel)
- C-Peptide (related to insulin an option in early T1D diagnosis)
- Vitamin D3 – 25
- DHEA-S (sex hormones)
- eGFR (kidney function)
- ESR (related to inflammation)
- Fasting Insulin (prediabetes or type 2 diagnosis only)
- Ferritin (related to iron)
- GGT (liver marker)
- Homocysteine (amino acid)
- hsCRP (related to inflammation)
- Iron (mineral)
- Lipid Panel (cholesterol)
- Magnesium (electrolyte)
- Phosphorous (electrolyte)
- Serum creatinine (kidney function)
- Uric Acid (inflammatory marker)
- Vitamin C
- Zinc (mineral)
- Urinalysis (kidney function)
- Urine albumin-creatinine ration (uACR) (kidney function)



Recommended Lab Tests continued

TSH (thyroid stimulating hormone)

A full thyroid panel includes five tests:

1. T4, Free (Thyroxine)
2. T3, Free (Triiodothyronine)
3. Reverse T3
4. Thyroid Peroxidase Antibodies (TPO)
5. Thyroglobulin Antibodies (TgAb)

Sex Hormones

The best time to test hormone levels during your menstrual cycle depends on the hormone being tested:

- FSH (follicle stimulating hormone) - Typically tested on days 2–5 of your cycle
 - LH (luteinizing hormone) - Typically tested on days 2–5 of your cycle
 - Total Testosterone
 - Estradiol
 - Progesterone
 - Sex Hormone Binding Globulin
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- For the most accurate results, you can also consider the time of day you test. Blood and urine tests are often recommended in the morning when hormone levels are more concentrated.
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- If you're not sure about when to test your hormones, or you have concerns about your hormone levels, you should consult your primary care provider or a hormone specialist.