

ABUNDANT
HEALTH
with Melissa

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 storage)
- 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

A full thyroid panel includes six tests:

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

Advanced Lipid Panel (Heart Health)

Ask your healthcare provider to include these tests along with your standard cholesterol panel mentioned above.

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Triglycerides
- Non-HDL Cholesterol (often calculated automatically)

Apolipoprotein B (ApoB) – Measures the number of cholesterol-carrying particles that can contribute to plaque buildup. Often a better predictor of cardiovascular risk than LDL cholesterol alone.

Lipoprotein(a) [Lp(a)] – A genetically inherited risk factor for heart disease and stroke that is not included on a routine lipid panel. Most experts recommend having it measured at least once in adulthood, especially if you have:

- Type 1 or Type 2 diabetes
- A family history of early heart disease
- Elevated LDL cholesterol
- A personal history of cardiovascular disease

Recommended Lab Tests continued

Why These Tests Matter

A standard cholesterol panel tells us how much cholesterol is present, while ApoB and Lp(a) help reveal how much cardiovascular risk may actually be present. Someone can have a "normal" LDL cholesterol but still have an elevated ApoB or Lp(a), placing them at higher risk.

Sex Hormones

While you're still having menstrual cycles, your symptoms are often the best sign of whether testing is necessary and if hormone support may be needed. Hormone testing can still be helpful, but the best timing during your cycle depends on which hormone is being checked.

- 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, hormone testing is often done in the morning when levels may be more accurate to measure.
 - If you're unsure when to test or have concerns about your hormone levels, speak with your primary care provider or a hormone specialist.