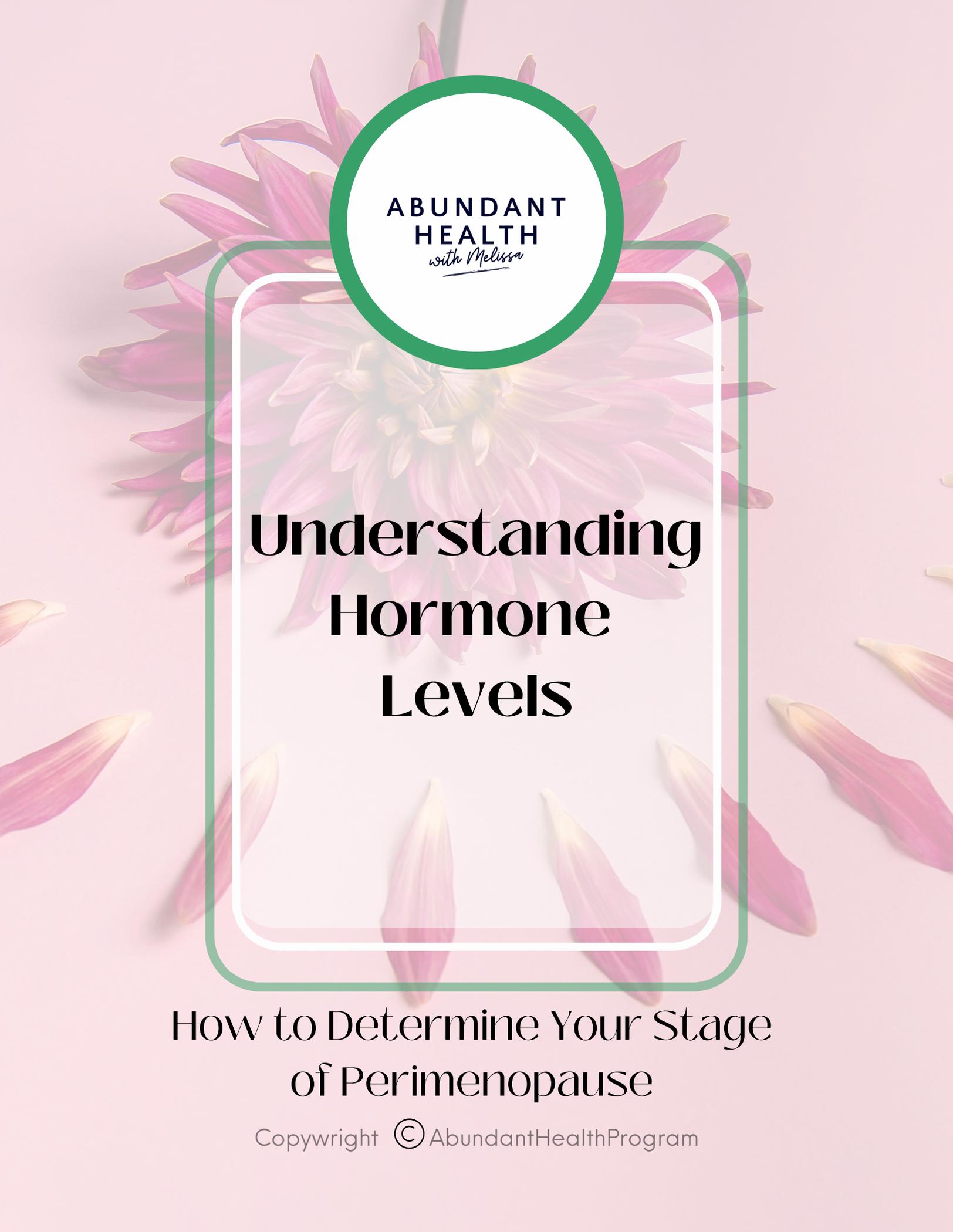




ABUNDANT  
HEALTH  
*with Melissa*



# Understanding Hormone Levels

How to Determine Your Stage  
of Perimenopause

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# Hormonal Shifts in Perimenopause

During perimenopause, **FSH (Follicle-Stimulating Hormone) and LH (Luteinizing Hormone) levels** rise irregularly as the ovaries produce less estrogen.

Testing these hormones offers insight into your hormone health by showing how well your ovaries are functioning and signaling the transition into menopause.

# FSH and LH Levels



## Why It Matters for Women Still Menstruating

Even if you're still cycling, higher-than-normal FSH or LH levels during the follicular phase (days 1-14 of cycle) may indicate your ovaries are working harder to produce estrogen, a hallmark of perimenopause.

This insight is crucial when symptoms like irregular cycles, insulin resistance, weight gain, sleep disturbances, mood swings, or hot flashes appear.

## The Compounding Factor of Diabetes

**When you have diabetes, these hormonal shifts can exacerbate common challenges:**

- **Insulin Resistance:** Declining estrogen impacts how your body uses insulin, often increasing resistance.
- **Blood Sugar Variability:** Hormonal fluctuations can lead to unpredictable blood sugar patterns, particularly around ovulation or before your period.
- **Inflammation:** Hormone imbalances may amplify inflammation, already a concern for women with diabetes.

## When to Test FSH and LH Levels During Your Cycle

The ideal time to test hormone levels during your menstrual cycle depends on the specific hormone.

**Here, we'll focus on FSH and LH**, which are key indicators to monitor while you're still having monthly cycles.

**These two hormones provide valuable insight until you've gone a full year without a cycle, marking the transition to menopause.** At which time estrogen, progesterone and testosterone levels can be tested and monitored.

- **Follicle-stimulating hormone (FSH) and luteinizing hormone (LH):** Typically tested on days 2–5 of your cycle
- Estrogen: Typically tested on days 2–3 or 21–23 of your cycle
- Progesterone: Typically tested on day 21 of a 28-day cycle
- Testosterone: Can be measured at any time during your cycle, but some recommend testing in the morning between 7–10 AM

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.

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.

## Here's How To Interpret The Ranges:

### **FSH Levels**

- Normal follicular phase: 3–10 mIU/mL
- Perimenopause: Levels may rise above 10 mIU/mL but remain inconsistent.
- Menopause: Levels consistently above 20 mIU/mL indicate ovarian function has significantly declined.

### **LH Levels**

- Normal follicular phase: 2–8 mIU/mL
- Perimenopause: Levels may intermittently rise above 8 mIU/mL but fluctuate.
- Menopause: Levels consistently above 15 mIU/mL are indicative of menopause.

Testing FSH and LH gives you a clearer picture of whether hormonal changes are contributing to these issues, empowering you to take proactive steps like adjusting insulin, exploring hormone therapy, or optimizing daily routines.

# What to Do Next



If your FSH or LH levels are trending higher than the early follicular phase ranges, particularly if paired with symptoms, it's worth consulting a healthcare provider who specializes in hormones.

They can guide you through options like hormone replacement therapy (HRT) or lifestyle adjustments for smoother transitions.

Tracking these changes helps you manage diabetes more confidently during this stage of life.

**Check the list of resources below and schedule a 1:1 session with Coach Melissa to learn more and create your next steps.**

# YOUR GO TO

## RESOURCE LIST

### EP 27 – NUTRITION, HEALTH, AND HOPE: INSIGHTS

EXPLORE HOW HORMONES, ESPECIALLY DURING MENOPAUSE, AFFECT YOUR HEALTH AND WHY THEY SHOULDN'T BE FEARED. DISCOVER VALUABLE INSIGHTS INTO CORTISOL, INSULIN, AND THEIR EFFECTS ON YOUR BODY.



### BLOG: MYTHS & FACTS ABOUT HRT

AS WE NAVIGATE THE CHALLENGES OF MENOPAUSE AND TYPE 1 DIABETES, REMEMBER THAT YOU DON'T HAVE TO FIGURE IT OUT ALONE. CONSIDER HRT TO IMPROVE YOUR WELL-BEING WHILE FIRST FOCUSING ON BALANCED HORMONES, BLOOD SUGAR MANAGEMENT, AND A HEALTHY LIFESTYLE.



### HONEY HEALTH DIABETES APP

HONEY HEALTH IS YOUR COMPREHENSIVE COMPANION FOR MANAGING DIABETES. FROM GLUCOSE LOG TRACKING TO FOOD MONITORING, OUR APP PROVIDES ALL THE ESSENTIAL TOOLS YOU NEED FOR EFFECTIVE DIABETES CARE. SAY GOODBYE TO GUESSWORK AND EMBRACE A DATA-DRIVEN APPROACH TO MANAGING YOUR CONDITION.



### THE MENOPAUSE SOCIETY

PROVIDING HEALTHCARE PROFESSIONALS WITH THE TOOLS AND RESOURCES NECESSARY TO GUIDE WOMEN THROUGH THE MENOPAUSE TRANSITION AND BEYOND.

