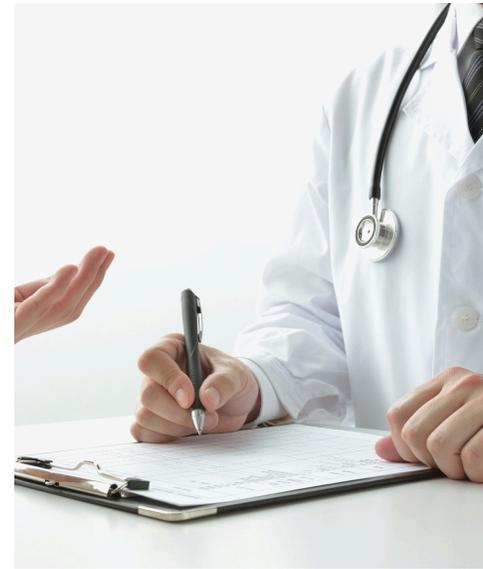


Questions to Ask Your Doctor About Hormone Testing & HRT



01 HORMONE TESTING

- When in my cycle (or stage of menopause) should I test FSH, LH, estradiol, progesterone, and testosterone?
- Can you order a full thyroid panel (TSH, Free T3, Free T4, Reverse T3, antibodies), not just TSH?
- Will you also check Vitamin D, iron/ferritin, magnesium, and B-12—since these can affect energy and blood sugar?
- How often should I repeat these labs to see if patterns are changing?

02 HORMONE REPLACEMENT THERAPY (HRT)

- Do you prescribe bioidentical hormones (estradiol, progesterone, testosterone), and in which forms (patch, cream, capsule, pellet)?
- How will HRT affect my insulin needs and blood sugar patterns?
- What monitoring do you recommend once I begin HRT—both for safety and effectiveness?
- How long can I safely stay on HRT?
- What signs would show I need a dose adjustment?

03 DIABETES-SPECIFIC CONSIDERATIONS

- How do you monitor cardiovascular risk in women with type 1 diabetes on HRT?
- If I notice increased insulin resistance, how should we evaluate whether it's from hormones, stress, or other labs?
- Are you open to working alongside my endocrinologist/diabetes care team to coordinate care?