

Tests to Get at Least Annually: Discuss with your MD, DO, NP, PA

- Anemia Panel / Complete Blood Count (CBC) with differential and Iron
- Comprehensive metabolic panel (CMP)
- Hormone Tests: Estradiol, Progesterone, Luteinizing Hormone, Follicle-Stimulating Hormone (FSH), DHEAS, Cortisol, Thyroid-Stimulating Hormone, Free T3, Reverse T3 (if available), Free T4, Free Testosterone, Thyroid Peroxidase Antibodies
- Thyroid Function Test (see also hormone testing)
- C Reactive Protein (as a sign of inflammation rather than cardiovascular)
- Vitamin D
- overall vitamin B-12
 - methylmalonic acid (MMA)
 - holotranscobalamin (holoTC)
- homocysteine
- Enzyme Markers
- Hemoglobin A1C and glucose
- Cholesterol and the Advanced Lipid Panel
 - LDL particle number
 - HDL subclasses
 - LDL subclasses
 - ApoB (If Available)
 - Lp(a) (If Available)
 - Endopat test for endothelial dysfunction (If Available)



More About Hormone Tests:

Estradiol, Progesterone, Luteinizing Hormone, Follicle-Stimulating Hormone (FSH), DHEAS, Cortisol, Thyroid-Stimulating Hormone, Free T3, Reverse T3, Free T4, Free Testosterone, Thyroid Peroxidase Antibodies



Estradiol

Estradiol is the main estrogen in women and is produced by the ovaries. It is one of the main sex hormones responsible for ovulation—and is measured by this hormone test for women. After menopause, levels of estradiol decline significantly. Estradiol is also responsible for the health and normal function of other sexual organs, such as the breast, vagina, and uterus.

Progesterone

Progesterone helps to maintain the endometrium, or lining of the uterus, and helps maintain a pregnancy. When a woman enters menopause and stops ovulating, progesterone production significantly drops.

Luteinizing Hormone

LH is the hormone that is responsible for ovulation. A normal hormone level for LH in the second half of the menstrual cycle is reassuring that there are no major hormonal imbalances interfering with normal ovary function.

Follicle-Stimulating Hormone

FSH is the hormone responsible for the growth and maturation of follicles, which are the source of estrogen and progesterone which every woman needs to have a normal menstrual cycle. A normal FSH level indicates that a woman has a suspected normal number of eggs for her age.

DHEAS

DHEAS is an androgen hormone that is produced by the adrenal glands and the ovaries. It is involved in the production of other hormones in the body, such as testosterone and estrogen.

Cortisol

Cortisol is made in our adrenal glands and is released in our bodies naturally each day. Cortisol affects energy levels by regulating the release of glucose as a main source of our body's fuel that helps keep us going during the day. Cortisol is also the body's main stress hormone. Your sample is collected four times throughout the day, and your results will reflect your cortisol levels during those times.

Thyroid-Stimulating Hormone

Thyroid-stimulating hormone, TSH, is the hormone responsible for controlling hormone production by the thyroid gland. The hormone TSH is considered the most sensitive marker for screening for thyroid diseases and conditions. Our thyroid panel is ideal for TSH testing at home and will tell you how your levels compare to normal TSH levels.

Free T3

Free T3 is a hormone produced by the thyroid gland. Levels of this fluctuate when individuals have an under or overactive thyroid gland.

Free T4

Free T4 is the predominant hormone produced by the thyroid gland. Levels fluctuate when individuals have an under or overactive thyroid gland. Testing your free T4 with this thyroid function test lets you see if your thyroid hormone production is at a normal level.

Free Testosterone

Testosterone is produced by the adrenal cortex, the testes in men, and the ovaries in women. When it is bound to protein in the blood it is called Total Testosterone. Testosterone that is not bound to proteins is called Free Testosterone and is the biologically active form of the hormone.

Thyroid Peroxidase Antibodies

Thyroid peroxidase antibodies are antibodies that can bind to thyroid enzymes, suppressing thyroid function. They are elevated in a condition called Hashimoto's disease, which is the most common type of hypothyroidism in the USA.

See What is in Each Panel

Labs to get Annually or Additionally

ANNUAL LABS:

Metabolic

Glucose - Fasting
Hemoglobin A1C
Insulin– Fasting
Uric Acid
BUN
Creatinine
eGFR
Sodium
Potassium Chloride
Bicarbonate/CO2
Anion gap
Calcium
Phosphorus
Protein - Total
Albumin
Globulin - Total
ALP (Alk Phosphatase)
AST (SGOT)
ALT (SGPT)
GGT
LDH
Bilirubin - Total
Bilirubin - Direct
Bilirubin - Indirect
Iron - Serum
Ferritin
TIBC %
Transferrin saturation

Lipid

Cholesterol -Total
Triglycerides
LDL Cholesterol
HDL Cholesterol
VLDL Cholesterol
Cholesterol/HDLRatio
Triglyceride/HDLRatio

Thyroid

TSH Total
T4 Free
T4 Total
T3 Free
T3 Reverse
T3 T3 Uptake
Thyroid Antibody Test (See Below)

Complete Blood Count (CBC) with Differential

Total WBCs
RBC
Hemoglobin
Hematocrit
MCV
MCH
MCHC
RDW
Platelets
Neutrophils
Lymphocytes
Monocytes
Eosinophils
Basophils
Reticulocyte count

Nutrients

Vitamin D (25-OH)
Vitamin D (1, 25- DiOH)
Vitamin B12, Serum
Folate, Serum
Magnesium, RBC
Zinc, Plasma
Copper, Serum

Inflammatory Panel

Hs CRP
C-Reactive Protein
ESR
Homocysteine
Whole Blood Histamine (LabCorp)
(optional) Fibrinogen

Male Panel

PSA DHEA-S
Testosterone Total
Testosterone Free
Testosterone - Bioavailable
Sex Hormone Binding Globulin (SHBG)
Estradiol
Progesterone

Female Panel

DHEA-S
Testosterone Total
Testosterone Free
Testosterone - Bioavailable
Sex Hormone Binding Globulin (SHBG)
Estradiol
Progesterone

Additional Labs:

Thyroid Antibodies

Thyroid Peroxidase (TPO) Abs
Thyroglobulin Abs

Infectious

Epstein-Barr Virus (EBV) Evaluation
Cytomegalovirus
Herpes Simplex Type 1 & 2
Lyme Testing

Celiac Panel

Tissue Transglutaminase Ab (tTG-IgA)
Immunoglobulin (IgA)
Gliadin IgA
Gliadin IgG
Endomysial AB, IgA

HLA-DQ1, HLA-DQ2 (Gluten Sensitivity)
HLA-DQ8 (Celiac)

SIBO Breath Test

[Check out this PDF](#) from Boston's Children's Hospital. It provides a great review and explanation of SIBO. if you want to learn more.

These “Additional Labs” are key to get if you are not feeling well and the reason has not yet been determined