

Hormone Health: Understanding Your Lab Results

As part of optimizing your health, we focus on key hormone and functional labs that impact everything from energy and mood to weight and overall wellness. Below is a quick guide to the most common labs we check and what the results might mean for you.

1. Thyroid Panel (TSH, Free T4, Free T3)

- **What It's For:** Evaluates thyroid function, which controls your metabolism, energy, and weight.
- **What We Look For:**
 - **TSH (Thyroid-Stimulating Hormone):** High TSH may indicate an underactive thyroid (hypothyroidism), while low TSH can indicate an overactive thyroid (hyperthyroidism).
 - **Free T4 and Free T3:** These hormones reflect how well your thyroid is functioning. Low levels might suggest hypothyroidism, while high levels suggest hyperthyroidism.

2. Estradiol (E2)

- **What It's For:** Measures estrogen levels, which are important for reproductive health, bone density, and mood.
- **What We Look For:**
 - Low levels can be linked to menopause symptoms, mood swings, and decreased bone health.
 - High levels can be a sign of estrogen dominance, which can cause weight gain, mood changes, and heavy periods.

3. Progesterone

- **What It's For:** Tracks levels of the hormone that balances estrogen and supports menstrual cycles and pregnancy.
- **What We Look For:**
 - Low levels may indicate estrogen dominance, irregular periods, or issues with fertility.
 - High levels are usually seen during pregnancy but can sometimes be related to hormone therapy.

4. Testosterone (Total and Free)

- **What It's For:** Measures male and female sex hormones that influence muscle mass, libido, and mood.
- **What We Look For:**
 - Low levels in women can cause fatigue, low libido, and mood swings.
 - High levels might indicate conditions like PCOS (Polycystic Ovary Syndrome).

5. DHEA-S (Dehydroepiandrosterone Sulfate)

- **What It's For:** Reflects adrenal health and your body's stress response.
- **What We Look For:**
 - Low levels might suggest adrenal fatigue or chronic stress.
 - High levels can be linked to excess androgen production and conditions like PCOS.

6. Cortisol (AM and PM)

- **What It's For:** Assesses adrenal function and how well your body handles stress.
- **What We Look For:**
 - High levels may indicate chronic stress or conditions like Cushing's syndrome.
 - Low levels could suggest adrenal insufficiency or chronic fatigue.

7. FSH (Follicle-Stimulating Hormone) and LH (Luteinizing Hormone)

- **What It's For:** Evaluates reproductive health and signals the onset of menopause.
- **What We Look For:**
 - High FSH and LH levels often indicate menopause or ovarian insufficiency.

8. Insulin and Fasting Glucose

- **What It's For:** Checks blood sugar control and insulin sensitivity.
- **What We Look For:**
 - Elevated levels may suggest insulin resistance, prediabetes, or metabolic syndrome.

9. Vitamin D

- **What It's For:** Supports bone health, immune function, and mood.
- **What We Look For:**
 - Low levels can cause fatigue, bone pain, and immune issues.
 - We aim for optimal levels above the standard "normal" range for better health outcomes.

10. Comprehensive Metabolic Panel (CMP)

- **What It's For:** Provides a broad overview of your liver function, kidney function, and electrolyte balance.
- **What We Look For:**
 - Abnormalities in liver enzymes, electrolytes, or kidney markers can give us insight into underlying health issues that may need to be addressed.

11. High-Sensitivity C-Reactive Protein (hs-CRP)

- **What It's For:** Measures inflammation levels in your body, which are often linked to chronic conditions.
- **What We Look For:**
 - Elevated hs-CRP can indicate systemic inflammation, which may contribute to heart disease, autoimmune conditions, and metabolic dysfunction.

12. Homocysteine

- **What It's For:** Evaluates heart health and methylation processes.
- **What We Look For:**
 - High levels may indicate poor cardiovascular health, B vitamin deficiencies, or problems with methylation, which can impact detoxification and overall health.

13. Comprehensive Stool Analysis

- **What It's For:** Assesses your gut health, including the balance of good and bad bacteria, yeast, and parasites.
- **What We Look For:**
 - Imbalances in gut bacteria, presence of pathogens, and markers of inflammation can contribute to digestive issues, skin problems, and autoimmune conditions.

Interpreting Your Results

Lab results are just one piece of the puzzle. We look at these numbers in the context of your symptoms, lifestyle, and overall health. This allows us to create a personalized plan that's right for you.