VITALS VAULT

FREE GUIDE

Menopause Labs
To Know and Ask

A one-page sheet for the years around menopause: labs clinicians commonly look at, what can mimic menopause, write-in lines for your numbers, and questions to ask.

MY NUMBERS (WRITE IN)

Test	My result	Date	Lab range
FSH			
Estradiol			
TSH and free T4			
Ferritin			
Vitamin B12			
LDL and triglycerides			
Vitamin D			

TICK WHAT I HAVE TRACKED

- ☐ Symptoms with dates
- ☐ Last period date
- ☐ Cycle day of each draw
- ☐ Sleep and night sweats
- ☐ Mood changes
- ☐ Medicines and supplements
- ☐ Biotin use told to the lab
- ☐ Family history of fractures

WHY ONE NUMBER IS NOT ENOUGH

Estradiol can swing widely in perimenopause, and symptom severity tracks the swings, not only low levels. Bring results from several months, with cycle days, so a clinician can see the pattern.

QUESTIONS TO ASK

- ☐ Which labs make sense at my age, and which look-alikes should we rule out?
- ☐ Should thyroid, iron and B12 be checked before we assume hormones?
- ☐ Should my lipids, blood pressure and bone health be checked now?
- ☐ If hormone therapy comes up, which labs will you follow and how often?
- ☐ Which cutoff or lab method are you using for my hormone results?

Sources: Menopause lab and cardiovascular reviews (Honour 2018; Edlefsen 2010); thyroid and ferritin reviews. Our own checklist. Ranges vary by lab.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com