HEALTH SCREENING

Female Hormones Test

Finding your natural balance.

 Select a health screening package

 Take a sample

 View your results

Did you know:

- 80% of women suffer from hormonal imbalance
- Women are 6 times more likely to have thyroid problems than men
- 14% of couples in the UK have difficulty conceiving

Why take our Female Hormones Test?

Levels of female hormones will naturally fluctuate on a monthly basis, but an inherent imbalance can have a lasting effect on your mood, weight, energy levels, and general wellbeing. A hormonal imbalance can also lead to irregular periods, problems with fertility and conception, and can be an indication of underlying thyroid conditions.

Do you have any of the following symptoms?

- Changes in your periods
- Weight gain
- Acne
- Vaginal dryness
- Hair loss or thinning
- Night sweats
- Fatigue
- Muscle weakness/aches/tenderness/stiffness
- Mood changes, such as depression, anxiety, or irritability

Understanding your hormone levels could provide valuable insights into these symptoms and our clinical advisors will be able to recommend the best course of action to reduce the effects.

The quick and easy home blood test kit will be sent to your address for you to provide the sample and send it back to our associated laboratory using the **free-post packaging** provided. Our specialists will then analyse your blood and provide you with the results within two days of receipt.

It is advisable to take this test on the third day of your menstrual cycle (day one being the first day of your period). If you do not have regular periods, you are still able to take this test at any time.

This blood test looks at the following biometric markers:

- **Thyroxine (T4)** – T4 is one of the main thyroid hormones (the other being T3) which is released into the

bloodstream by the thyroid gland. Thyroid hormones have a role to play in a wide range of the body's functions, including the maintenance of healthy bones, muscle control as well as brain development, heart and digestive functions. A thyroxine test is used to check that the thyroid is functioning properly. Problems with the thyroid function are more common in women.

- Thyroid Stimulating Hormone (TSH) – the role of TSH is to regulate the production of hormones (T3 and T4) by the thyroid gland. Thyroid hormones help to control the rate at which your body converts food into energy. Thyroid imbalance can lead to problems with weight, energy and mood.
- Testosterone (total) – This plays an important role throughout the body, affecting brain, bone and muscle mass, fat distribution, the vascular system, energy levels, sexual functioning and fertility. Testosterone in men is particularly beneficial in sports which require strength or power and can also help to support bone health and energy levels. Testosterone levels in men will naturally decline with age. High levels in women are associated with Polycystic Ovary Syndrome.
- Oestradiol (Oestrogen) – This is a steroid hormone and the main form of Oestrogen found in women. Levels will naturally reduce in women with age and will start to decrease during the peri-menopause stage with a large decrease occurring during the menopause. An indication of oestradiol levels can also be useful for men undergoing testosterone replacement therapy.
- Sex Hormone-Binding Globulin (SHBG) – SHBG is a protein produced by the liver and is present in both men and women. SHBG attaches itself to testosterone and controls how much of it is available to your body tissue. A SHBG test is useful in assessing how much testosterone is in the blood.
- Prolactin – This is a hormone produced by the pituitary gland. Slight increases can occur as part of a stress reaction. Consistently high levels in men and women can cause suppression of other pituitary hormones such as FSH and LH. As the main role of prolactin is to produce milk, high levels are expected during breast feeding.
- Luteinising Hormone (LH) – LH plays a key role in the human reproductive system. High or low levels can indicate issues connected with fertility. LH levels rise when women reach the menopause, whereas levels in adult males rends to stay relatively constant throughout their lives.
- Follicle Stimulating Hormone (FSH) – FSH is produced by the pituitary gland. It plays an important role in the functions of both the ovaries and the testes. FAH levels in women rise and fall throughout the menstrual cycle and will start to increase as women transition through the menopause and beyond.