

Menopause Health Test

Maintaining your wellbeing.



Select a health screening package



Take a sample



View your results

Did you know:

- Most women experience menopause between the ages of 40 and 58 years
- Over 60% of women experience menopausal symptoms that results in behavioural and mental health changes
- 72% of women feel unsupported in the workplace during the menopause

Why take our Menopause Health Test?

The menopause can significantly affect a woman's mental and physical health. This comprehensive test is designed as a health check to give you key insights into how the menopause is impacting your body.

Do you have any of the following symptoms?

- Irregular heavy periods or absent periods
- Hot flushes/Night sweats
- Low sex drive
- Vaginal dryness
- Joint pain
- Skin and hair changes
- Weak bladder
- Anxiety

These could be indications that you are experiencing menopause. By taking this test, our clinical team will be able to offer advice on how best to cope with and reduce these symptoms.

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 early in the day (before 10am) when your cortisol levels are at their highest. If you are still having periods, the best time for this test is on the third day of your period.

This blood test looks at the following biometric markers:

Cardiovascular

- **Triglycerides** – The body's main form of fat. It is important for maintaining energy and provides the fuel for

muscles to work. High levels can increase your risk of heart disease.

- **Total Cholesterol** – This can be used to assess the risk of cardiovascular disease. Measurement is calculated using different cholesterol components known as HDL, LDL, and triglycerides.
- **LDL** – Low-Density Lipoprotein carries cholesterol from your liver to tissues and organs around your body. If your body has more cholesterol than it needs, it can build up on the artery walls. LDL is therefore known as “bad cholesterol”.
- **HDL** – High-Density Lipoprotein is known as “good cholesterol” as it picks up excess cholesterol in your blood and transports it to your liver for removal. The higher your levels of HDL, the lower the risk of developing heart disease.
- **HDL % of Total Cholesterol** – This is a measurement of the HDL as a proportion of total cholesterol.

Liver Markers

- **Albumin** – Albumin is a protein which is made in the liver. It has many roles including the transporting of key molecules such as testosterone and calcium throughout the blood. The amount of albumin in the blood is directly associated with liver function and nutritional health. It is also used as a marker in the assessment of bone health.

Metabolic 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)** – 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)** – 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.
- **Luteinising Hormone (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 tends to stay relatively constant throughout their lives.
- **Follicle Stimulating Hormone (FSH)** – is produced by the pituitary gland. It plays an important role in the functions of both the ovaries and the testes. FSH levels in women rise and fall throughout the menstrual cycle and will start to increase as women transition through the menopause and beyond.
- **Cortisol (9am)** – cortisol is a steroid hormone which is produced by the adrenal gland. It helps the body to use sugar and fat which can be converted for energy. It also has an important role to play in stress management as well as reducing inflammation. The level of cortisol in the bloodstream changes throughout the day, being highest in the morning and lowest last thing at night. The timing of the test sample is therefore

very important.

Vitamins and Minerals

- **Vitamin D (25 OH)** – helps to regulate calcium and phosphate in the body which is essential for the development of healthy bones. It therefore plays an essential role in preserving bone health but has also been linked to many other aspects of health including our immune system, muscle function, energy levels and the reduction of inflammation. Unfortunately due to the UK weather, many people have low levels particularly during the winter months.
- **Magnesium (serum)** – is critical for many processes in the body and plays a key role in the maintenance of strong bones, blood pressure regulation, muscle contraction and energy production.
- **Ferritin** – is a protein in the body which contains iron and is the main form by which iron is stored in the body. The amount of ferritin which is found in the blood reflects the amount of total iron stored within your body.