

Hormone Check - Women

DHEA Sulfate (DHEA-S)

Description: A hormone produced primarily by the adrenal glands that serves as a building block for estrogen and testosterone.

Why it's important: Helps evaluate adrenal function and hormone production. Abnormal levels may contribute to fatigue, low libido, mood changes, acne, excess facial hair, or hormonal imbalances.

Estradiol (E2)

Description: The primary form of estrogen during a woman's reproductive years.

Why it's important: Essential for menstrual cycle regulation, bone health, heart health, fertility, and overall hormonal balance. Measuring estradiol can help assess menopause, perimenopause, ovarian function, and symptoms such as hot flashes, mood changes, and irregular periods.

FSH (Follicle-Stimulating Hormone) & LH (Luteinizing Hormone)

Description: Two hormones produced by the pituitary gland that regulate ovarian function and ovulation.

Why it's important: These hormones help determine whether the ovaries are functioning normally. They are commonly used to evaluate fertility, irregular menstrual cycles, perimenopause, menopause, and conditions such as polycystic ovary syndrome (PCOS).

Progesterone

Description: A hormone produced after ovulation that prepares the uterus for pregnancy and helps regulate the menstrual cycle.

Why it's important: Progesterone plays a key role in fertility, menstrual health, and hormone balance. Low levels may contribute to irregular cycles, difficulty conceiving, mood changes, sleep disturbances, and symptoms of estrogen dominance.

Total Testosterone

Description: Measures the total amount of testosterone in the bloodstream, including both bound and unbound hormone.

Why it's important: Although present in smaller amounts than in men, testosterone is important for maintaining energy, muscle strength, bone health, libido, and overall well-being. Abnormal levels may contribute to fatigue, low sex drive, acne, hair thinning, or excess hair growth.

Free Testosterone

Description: Measures the small amount of testosterone that is not bound to proteins and is available for the body to use.

Why it's important: Free testosterone provides a more accurate picture of active testosterone levels. It can help evaluate symptoms such as low libido, fatigue, reduced muscle strength, and hormonal disorders like PCOS.

SHBG (Sex Hormone-Binding Globulin)

Description: A protein that binds to testosterone and estrogen, controlling how much is available for the body to use.

Why it's important: SHBG helps determine the amount of active (free) hormones in the body. Measuring SHBG along with testosterone provides a more complete assessment of hormone balance and can help identify causes of symptoms even when total hormone levels appear normal.



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