

Women's Health Program Blood Work List

Our Menopause Practitioners help to optimize your health & well-being. The most important factors in determining your stage in the menopausal transition and exploring suitable treatment options are ***the symptoms you're experiencing, your menstrual cycle and your past medical history***. You can share this information by filling out the [intake forms](#).

While blood work is not a required component of our program, it can be helpful in determining treatment based on where you are in the menopause transition. During a consultation our Menopause Practitioners will help determine what blood work and which tests you should have completed.

The following are a few examples of some of the tests we might like to see:
If you have had this blood work done in the last year, please bring us a copy.

- **Complete Cholesterol Panel** (heart health is an important consideration when starting hormone therapy)
- **FSH** (if you are having infrequent periods and question if you are in menopause yet)
- **Estradiol**
- **Estrone** (if you are currently using estrogen therapy)
- **Progesterone**
- **Free Testosterone** (this is needed if you are considering testosterone supplementation due to a complete hysterectomy, low libido, low energy and stamina or decreased muscle tone)
- **DHEA**
- **25-hydroxy Vitamin D** (this is optional as it is no longer covered by the government)
- **Morning Cortisol** (if having symptoms of fatigue)
- **TSH, Free T3, Free T4** (if having symptoms of low thyroid - fatigue, brittle nails, hair loss, cold intolerance)

When to Get Blood Work Done:

- If you are still having a period, please have blood work done during days 19-21 of your cycle (day 1 is the first day of bleeding).
- If you are in menopause, any day is fine. However, we request blood work is done in the morning.

You may have the lab fax the results directly to us at (905) 637-9356 if you wish.