

## Hormone Tests

Hormone tests are laboratory assessments that measure the levels of various hormones in the body. Hormones are chemical messengers that regulate numerous bodily functions, including metabolism, growth, reproduction, and mood.



### Why Are Hormone Tests Important?

Hormone imbalances can lead to a wide range of health issues, including weight gain, fatigue, mood swings, infertility, and more. Hormone tests are essential tools in diagnosing and monitoring conditions such as thyroid disorders, diabetes, adrenal dysfunction, and reproductive disorders.

#### Common Hormone Tests:

1. **Thyroid Function Tests:** Measure levels of thyroid hormones (T3, T4) and thyroid-stimulating hormone (TSH) to assess thyroid function and diagnose conditions like hypothyroidism and hyperthyroidism.
2. **Glucose Testing:** Evaluates blood sugar levels to diagnose diabetes and monitor glucose control in diabetic patients.
3. **Testosterone Testing:** Measures testosterone levels in both men and women to assess reproductive health, libido, and muscle mass.
4. **Estrogen and Progesterone Testing:** Assess hormone levels in women to evaluate menstrual irregularities, fertility issues, and menopausal symptoms.
5. **Cortisol Testing:** Measures cortisol levels to diagnose conditions like Cushing's syndrome or adrenal insufficiency and evaluate stress response.

### Understanding Your Results:

Your Doctor Edges provider will interpret your hormone test results in the context of your symptoms, medical history, and other diagnostic tests. Abnormal results may indicate an underlying hormonal imbalance or disorder, requiring further evaluation and treatment.

### Take Charge of Your Health:

Regular monitoring of hormone levels can help detect imbalances early and optimize your overall health and well-being. At Doctor Edges you can discuss any concerns or symptoms with your healthcare provider, who can recommend appropriate hormone tests and personalized treatment plans.