

1. Hormonal Tests

Dutch Test (Dried Urine Test for Comprehensive Hormones)

- Measures sex hormones (oestrogen, progesterone, testosterone) and their metabolites.
- Evaluates cortisol levels and adrenal function.
- Tracks melatonin production for sleep health.
- Ideal for understanding hormone imbalances during menopause.
- **Cortisol Testing**
 - Measures cortisol levels (stress hormone) over 24 hours.
 - Can be done via saliva, blood, or urine.
 - Helps assess adrenal health and stress management.
- **Oestradiol, Progesterone, and Testosterone Tests**
 - Checks levels of key sex hormones that decline during menopause.

2. Thyroid Function Tests

- **TSH (Thyroid Stimulating Hormone)**
 - Assesses overall thyroid function.
- **Free T3 and Free T4**
 - Measures active thyroid hormones essential for metabolism and energy.
- **Thyroid Antibody Tests**
 - Detects autoimmune thyroid conditions like Hashimoto's or Graves' disease.

3. Bone Health Tests

- **DEXA (Dual-Energy X-ray Absorptiometry) Scan**
 - Measures bone density and checks for osteoporosis or bone thinning.
- **Vitamin D Test**
 - Assesses levels of vitamin D, crucial for bone health and calcium absorption.

4. Cardiovascular Health Tests

- **Lipid Profile (Cholesterol Test)**
 - Measures LDL, HDL, and triglycerides to assess heart health.
- **Blood Pressure Monitoring**
 - Identifies risks for hypertension, which can increase post-menopause.
- **CRP (C-reactive Protein)**
 - Checks for inflammation, which is a risk factor for heart disease.

5. Blood Sugar and Insulin Tests

- **Fasting Blood Glucose**
 - Measures blood sugar levels after fasting.
- **HbA1c (Glycated Haemoglobin)**
 - Tracks long-term blood sugar levels and identifies diabetes risk.
- **Insulin Resistance Testing**
 - Evaluates the body's response to insulin.

6. General Health Tests

- **Full Blood Count (FBC)**
 - Assesses overall health and screens for anaemia or infections.
- **Iron Studies**
 - Measures iron levels, including ferritin, to check for iron-deficiency anaemia.
- **Liver Function Test (LFT)**
 - Checks liver health and enzyme levels.
- **Kidney Function Test**
 - Evaluates kidney health by measuring creatinine and urea.

7. Nutritional Tests

- **Vitamin and Mineral Deficiency Tests**
 - Includes levels of B12, magnesium, calcium, zinc, and more.
- **Omega-3 Fatty Acid Test**
 - Checks for essential fatty acid balance, critical for heart and brain health.

8. Cancer Screening Tests

- **Smear Test (Cervical Screening)**
 - Detects abnormal cervical cells and screens for HPV.
- **Mammograms**
 - Screens for breast cancer in women over 50 or earlier if at high risk.
- **CA-125 Blood Test**
 - Checks for ovarian cancer markers, especially in women with a family history.

9. Gastrointestinal Health Tests

- **Comprehensive Stool Analysis**
 - Identifies gut imbalances, including bacteria, yeast, and digestion issues.
- **Coeliac Screening**
 - Checks for gluten intolerance and coeliac disease.

10. Mental Health and Cognitive Tests

- **Neurotransmitter Testing**
 - Assesses levels of serotonin, dopamine, and other brain chemicals.
- **Cognitive Function Screening**
 - Identifies memory or focus issues, especially relevant post-menopause.

11. Other Tests for Menopausal/Post-Menopausal Women

- **Pelvic Ultrasound**
 - Screens for abnormalities in the uterus or ovaries.
- **Breast Ultrasound**
 - Used alongside or instead of mammograms for breast health.
- **Urinary Incontinence Tests**
 - Assesses pelvic floor strength and bladder health.

Why Testing Matters in Menopause

These tests can provide a detailed picture of your health during menopause and beyond, helping to:

- Identify hormonal imbalances.
- Manage symptoms like fatigue, weight gain, or brain fog.
- Prevent long-term conditions such as osteoporosis, diabetes, or cardiovascular disease.