Learn The Secrets Of Thyroid Tests Transcript

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Introduction to Full Thyroid Testing

Hi everyone, it's Dr. Jen. Welcome back to another mini talk. So we are going to talk about thyroid lab. So this one you might want to listen to again.

You might want to save it. You might want to get a pen and paper out. Now we're going to talk about what labs you want to ask for when you're asking for a full thyroid panel.

Core Thyroid Labs and Antibodies

So the concern here would be your looking at the signs and symptoms of hypothyroidism or hypothyroidism, and you're concerned that this is a problem. So we want to make sure we're getting the full workup.

So first, we want to start with basic thyroid stimulating hormone test h3t4, free t three and you want to make sure they're free. We're looking at the unbound levels.

We want to look at a vitamin D. You're going to ask for a vitamin D level because a low vitamin D level can affect thyroid production. You want to look, ask for thyroid antibodies and you want to make sure that you get two of them the TPO antibodies in the thyroid globulin antibody.

Additional Hormones and Root Cause Testing

So if we're concerned for Hashimoto's, most are going to show in the TPO antibodies, but the thyroid globulin antibodies, you also want to check and make sure you can get a t i also thyroid stimulating immunoglobulin if you want to check for graves, you want to get a reverse t three.

And the importance for this is to see if you're shunting all of that active thyroid hormone that t three to reverse T3 or not. You can also add on a serum iodine.

You could ask for hormones. I think that is important because our other hormones do play with the thyroid hormones a lot. So these would be progesterone estradiol DHEA, testosterone, sometimes DHT and we would want to check those hormones for females.

And a 19 to 21 of your cycle Epstein-Barr panel. So EBV, a full panel that would be important to look for some underlying root causes. You could also dove into tick borne illnesses and check for things like Lyme Bartonella.

So that would be maybe more advanced, but that would be something on your radar. Also, saliva, cortisol is so important and that is something that is such good insight to what is going on with that adrenal thyroid, access to saliva, cortisol and having someone to go over that with you would be very important.

Gut, Adrenal, and Advanced Workup

Something like a stool study like GI effects, I really like that will tell you if you have a leaky gut, if there's certain things that we need to take out that's causing an imbalance in the gut health for the dysbiosis.

Organic acid testing is helpful. Also that can look for yeast overgrowth and other things going on with the GI tract and also look at a little bit of the vitamins at us, like B vitamins.

So I hope those are helpful. Those are the basic labs that you want to go in and ask for. So we get a fuller picture because thyroid, just looking at a thyroid stimulating hormone, it's just it's not enough, especially if you're

symptomatic.

Right. It might be fine if you're feeling 100% good. But if you're having some of those symptoms, which there there are a lot of symptoms the thyroid can affect all of our body systems.

Why Comprehensive Testing Matters

So if something is off, always good to test out gas and it's great to investigate because if we can catch something early, especially an autoimmune disease, if we can catch it earlier, the earlier the better.

We can reverse it, we can change it, and you can just live your best life. So I hope that was helpful for you and I hope you feel empowered when you're going in to talk about your health, talk about how you feel.

That is what is important. I want everyone to feel empowered after listening to the summit to take control of your health. Thank you so much for listening.

Feel free to share this with anyone that you think it would help.