Women Over 40: 3 Blood Tests You Shouldn't Skip Transcript

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Why One Estrogen Test Isnu2019t Enough

A single A single estrogen test during estrogen test during perimenopause can perimenopause can be almost useless, be almost useless, in fact. So, in in fact. So, in this video, I'll this video, I'll talk about three talk about three hormones that hormones that every every every woman after 40 should have checked.

woman after 40 should have checked. What exactly to ask for, and What exactly to ask for, and one bonus one bonus indicator that indicator that most doctors most doctors generally skip. I'm generally skip. I'm Dr. Jen, a dual- dual- specialty gynecologist and specialty gynecologist and integrative integrative integrative medicine doctor, and I medicine doctor, and I prescribe these tests to prescribe these tests to women every day. That's what's women every day. That's what's most surprising. During most surprising.

Hormone #1: Why Thyroid Testing Matters

During perimenopause, perimenopause, perimenopause, estrogen levels can estrogen levels can fluctuate from fluctuate from cosmic heights to cosmic heights to rock bottom, all rock bottom, all within the span of a single within the span of a single week. In fact, it week. In fact, it can can can even happen every day. So even happen every day. So chasing a single chasing a single estrogen indicator estrogen indicator provides almost no provides almost no information. And, frankly information. And, frankly, the hormone that, the hormone that starts to malfunction even before starts to malfunction even before estrogen is almost estrogen is almost never never never checked. So checked. So hormone number one is hormone number one is actually the actually the actually the thyroid gland. And this is the thyroid gland. And this is the most common most common metric I see metric I see missed. When missed. When a doctor says your a doctor says your thyroid is thyroid is fine, they often fine, they often only checked one only checked one test—TSH. But TSH test—TSH. But TSH alone can alone can look completely look completely normal, while normal, while you feel tired, you feel tired, gain weight, gain weight, lose hair, lose hair, have “foggy heads, ” and are constantly cold. To really.

TSH vs. a Full Thyroid Panel

To really see how see how your your your thyroid is working, you need thyroid is working, you need to have a full panel of to have a full panel of tests. TSH, tests. TSH, free T4, free T3, free T4, free T3, and and and thyroid antibodies.

thyroid antibodies. Why is this so important Why is this so important after 40—because the symptoms of after 40—because the symptoms of hypothyroidism are very hypothyroidism are very similar to the symptoms of similar to the symptoms of perimenopause. Therefore, perimenopause. Therefore, this is often this is often ignored, ignored, ignored, saying, "Well, it's just saying, "Well, it's just hormones and your age." hormones and your age." But it is completely But it is completely treatable treatable. However, the thyroid. However, the thyroid gland is not the only gland is not the only hormone that, as I hormone that, as I said, will fail said, will fail first. Remember first. Remember this? Here's a hormone this?

Hormone #2: Progesterone & Why Timing Matters

Here's a hormone that starts to drop that starts to drop years before years before your cycle starts to your cycle starts to change and change and before your estrogen before your estrogen starts to jump back and forth. And this is the hormone. And this is the hormone that almost no one that almost no one tests because it is not tests because it is not included in a standard included in a standard panel or panel or lab kit.

lab kit. Now I will tell you what it is Now I will tell you what it is and what you and what you feel when it feel when it falls. Also about one falls. Also about one error in time, due to error in time, due to which the test result which the

test result will be false, even will be false, even if your indicators are if your indicators are really low. Hormone really low. Hormone number two is number two is progesterone. And here's what progesterone. And here's what almost no one almost no one tells you about tells you about progesterone.

progesterone. progesterone. It is usually the first It is usually the first hormone to hormone to drop before estrogen drop before estrogen in perimenopause.

in perimenopause. Often years before Often years before this happens with this happens with estrogen. When it estrogen.

Hormone #3: Testosterone in Women

When it drops, you feel drops, you feel unusually anxious, thoughts keep you, thoughts keep you awake in the middle of the night, awake in the middle of the night, sleep becomes shallow, sleep becomes shallow, cycles are shorter, and cycles are shorter, and periods are heavier periods are heavier and more frequent, and and more frequent, and many women are many women are prescribed estrogen prescribed estrogen for symptoms that are for symptoms that are actually related to actually related to low low low progesterone. Here is progesterone. Here is the trap with the time of the trap with the time of analysis.

analysis. analysis. Progesterone levels Progesterone levels rise and fall rise and fall depending on your depending on your cycle. Therefore, the timing of cycle. Therefore, the timing of the analysis is the analysis is critical. Testing critical. Testing should be done before should be done before the start of menstruation, that is, a week before, that is, a week before it, from the 20th to the 24th day of the it, from the 20th to the 24th day of the cycle. Testing at the cycle. Testing at the wrong time wrong time may show a may show a low result, low result, although although although this may this may be normal for the first week of the cycle. So, the be normal for the first week of the cycle. So, the third hormone is one that your doctor has almost your doctor has almost certainly never certainly never suggested suggested suggested testing. And this is testing. And this is testosterone. Yes, testosterone. Yes, women produce women produce testosterone. It is testosterone.

The Testosterone Tests to Ask For

It is needed by women, and needed by women, and its level its level decreases with age. It does not decreases with age. It does not drop sharply during drop sharply during perimenopause, but perimenopause, but begins to decline begins to decline as early as your early as early as your early 30s. When its 30s. When its levels drop, you levels drop, you lose libido, lose libido, energy, motivation, and energy, motivation, and the ability to build the ability to build and maintain muscle.

and maintain muscle. The mistake is to only check one indicator. only check one indicator. Ask to be tested for Ask to be tested for total total total testosterone, free testosterone, free testosterone, and a protein testosterone, and a protein called called called sex sex sex hormone binding globulin (SHBG).

hormone binding globulin (SHBG). Because GSH Because GSH determines how determines how much much much testosterone is testosterone is testosterone is available for available for your your your body to use. Without all body to use.

Bonus: Fasting Insulin & A1C

Without all three indicators, three indicators, the picture will be extremely the picture will be extremely incomplete. This is the hormone incomplete. This is the hormone that has the biggest that has the biggest impact on the feeling of impact on the feeling of being "out of sorts.

being "out of sorts. " And now a " And now a bonus indicator bonus indicator that is not related that is not related to sex to sex hormones, but hormones, but explains a significant explains a significant portion of weight gain portion of weight gain and fatigue in middle and fatigue in middle age. And doctors rarely age. And doctors rarely check it.

So check it. So let's talk let's talk about it. Immediately after about it. Immediately after that, I will give you an that, I will give you an exact list so that you can exact list so that you can take a screenshot and take a screenshot and show it to your doctor, and I show it to your doctor, and I will also tell you about the will also tell you about the trap through which trap through which conventional tests conventional tests deceive you.

deceive you. Stay with me. Stay with me. This bonus is your This bonus is your metabolic picture, metabolic picture, including your including your fasting insulin levels fasting insulin levels and a measure and a measure called hemoglobin A1C.

called hemoglobin A1C. As estrogen levels decrease As estrogen levels decrease in women, in women, insulin resistance increases. And.

Why u201cNormalu201d Labs May Not Tell the Whole Story

And insulin resistance insulin resistance insulin resistance manifests itself in manifests itself in the form of weight gain. the form of weight gain.

And this can happen And this can happen years before you years before you notice any notice any abnormalities in your abnormalities in your blood sugar levels, blood sugar levels, such as on a such as on a hemoglobin A1C test. This is hemoglobin A1C test. This is why many women why many women are told that their are told that their glucose levels are glucose levels are normal and they do not have normal and they do not have diabetes, but they diabetes, but they continue to gain continue to gain belly fat and belly fat and feel feel feel sluggish in the afternoon sluggish in the afternoon. A. A fasting insulin test fasting insulin test detects the problem at an detects the problem at an early stage, when early stage, when it is still very easy it is still very easy to to to correct. Now correct. Now for the trap: when for the trap: when you get the results, don't be satisfied with, don't be satisfied with the word "norm".

the word "norm". Ask for specific Ask for specific numbers, because "normal" numbers, because "normal" only means that you only means that you fall within a wide fall within a wide range, but it doesn't range, but it doesn't mean "optimal." mean "optimal." That's a whole different That's a whole different conversation. Before I conversation.

The Hormone That Surprises Women Most

Before I conclude, I'll say that of conclude, I'll say that of these four, this one is the one that these four, this one is the one that women women women write to me about write to me about most often when they most often when they finally try finally try it, because the result it, because the result almost never almost never meets meets meets expectations.

expectations. expectations. In the next 30 In the next 30 seconds, I'll explain seconds, I'll explain what exactly this score is what exactly this score is and what a and what a low low low score actually looks like on paper.

score actually looks like on paper. So if you So if you only remember only remember one thing, let it be this one thing, let it be this. It's not just about. It's not just about estrogen. Three estrogen. Three hormones worth hormones worth checking after checking after age 40: a comprehensive age 40: a comprehensive thyroid panel thyroid panel, progesterone,, progesterone, testosterone, and testosterone, and fasting insulin and fasting insulin and glycated glycated glycated hemoglobin. And the hormone hemoglobin.

The Complete List of Tests to Remember

And the hormone I mentioned, the one that I mentioned, the one that surprises women the most, surprises women the most, is is is testosterone. Almost testosterone. Almost every woman thinks every woman thinks that that that she's fine with testosterone because it's a she's fine with testosterone because it's a "male hormone" "male hormone" or that she doesn't or that she doesn't need it. But need it. But testosterone standards are somewhat

testosterone standards are somewhat skewed because skewed because we don't have we don't have FDA-approved drugs, so FDA-approved drugs, so it's hard to get it's hard to get real numbers.

real numbers. So you deserve So you deserve to know the real to know the real values ??to values ??to understand if they are understand if they are optimal and not optimal and not just “within the normal range.” You deserve to.” You deserve to feel feel feel better with the better with the right tests.

right tests. Since testosterone is what surprises is what surprises women the most, I women the most, I have detailed the have detailed the alarming signs of alarming signs of its deficiency in this its deficiency in this video. So watch it video. So watch it. I'll put it. I'll put it right here.

right here. Check it out Check it out next, and next, and I'll see you after that I'll see you after that.