

Women's Health Program – Blood Work List

We are a team of Certified Menopause Practitioners with the North American Menopause Society and pharmacists at Brant Arts Dispensary in Burlington. As menopause practitioners, we meet with patients by appointment to assess all aspects of a woman's health as it relates to menopause. During the appointment, vitamin, herbal, homeopathic and hormonal options are discussed, a treatment plan is developed and is presented in a follow-up letter to the woman's physician.

In order to properly assess a patient's symptoms, we recommend they have the following blood work done:

Required Tests:

- **Complete Cholesterol Panel** (heart health is an important consideration when starting hormone therapy)
- **DHEA**
- **Estradiol**
- **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)
- **FSH** (if you are having infrequent periods and question if you are in menopause yet)
- **Progesterone**

Additional Tests:

- **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)

If the patient is still having a period, please have blood work done during days 19-21 of their cycle (day 1 is the first day of bleeding). If the patient is 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.

the possibilities are endless...