

The background of the entire image is a photograph of five people in silhouette jumping on a beach at sunset. The sun is low on the horizon, casting a warm orange glow over the water and the silhouettes. The people are in various dynamic poses, some with arms raised and legs bent, suggesting movement and energy.

FREE
EBOOK

WRITTEN BY J.W.JACKSON

THE MENOPAUSE WELLNESS LAB TRACKER

*A Guided Chart for
Clarity and Confidence*



Menopause Lab & Blood Work Checklist Chart

<input checked="" type="checkbox"/> Test Name	Purpose	Notes
FSH (Follicle-Stimulating Hormone)	Indicates declining ovarian function.	Usually elevated >30–40 IU/L in menopause.
Estradiol (E2)	Measures estrogen production.	Low levels (<30 pg/mL) suggest menopause.
LH (Luteinizing Hormone)	Reflects the pituitary response to declining estrogen.	Often elevated alongside FSH.
TSH (Thyroid-Stimulating Hormone)	Screens for thyroid disorders that mimic menopause symptoms.	Important to rule out thyroid dysfunction.
Prolactin	Checks for pituitary causes of irregular cycles.	Order if milky discharge or unusual bleeding.
Testosterone (Free & Total)	Evaluate androgens if low libido or fatigue.	Not always needed unless specific symptoms are present.
DHEA-S	Assesses adrenal androgen production.	Used if adrenal imbalance is suspected.
CBC (Complete Blood Count)	Screens for anemia and infection.	Helpful if fatigue or weakness is present.
CMP (Comprehensive Metabolic Panel)	Checks organ function, electrolytes, and glucose.	General wellness panel during midlife.
Lipid Profile	Assesses cholesterol and cardiovascular risk.	Important as heart disease risk rises after menopause.
Hemoglobin A1c	Screens for diabetes and insulin resistance.	Especially if weight gain or metabolic issues are present.
Vitamin D	Supports bone health and immune function.	Often low in midlife women.

DISCLAIMER:

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✨ Questions to Ask Your Provider 🌱

- Which of these labs do you recommend for me?
- Should I fast before any tests?
- When is the best time in my cycle to draw labs?
- How will results guide my care plan?

⌚ Menopause Lab & Blood Work Checklist 🌱

✨ Bring this checklist to your healthcare appointment to discuss which labs are right for you.

⌚ Core Menopause Hormone Tests 🌱

FSH (Follicle-Stimulating Hormone)

Typically elevated ($>30-40$ IU/L) in menopause.

Estradiol (E2)

Low levels (<30 pg/mL) suggest ovarian decline.

LH (Luteinizing Hormone)

Often elevated along with FSH.

TSH (Thyroid-Stimulating Hormone)

Important to rule out thyroid dysfunction, which can mimic menopause symptoms.

⌚ Additional Hormone Tests (If Needed) 🌱

Prolactin

If irregular cycles or milky breast discharge occur.

Testosterone (Free & Total)

If low libido, fatigue, or muscle weakness.

DHEA-S

If adrenal imbalance is suspected.

⌚ General Health & Wellness Labs 🌱

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Complete Blood Count (CBC)

Screens for anemia and overall blood health.

Comprehensive Metabolic Panel (CMP)

Checks liver, kidney, electrolytes, and glucose.

Lipid Profile

Evaluates heart disease risk.

Hemoglobin A1c

Screens for pre-diabetes or insulin resistance.

Vitamin D

Important for bone health and immunity.

Questions to Ask Your Provider

- Which of these labs do you recommend for me?
- Should I fast before any tests?
- When is the best time in my cycle to draw labs?
- How will results guide my care plan?

 **Remember:**

 **Lab Results Are Only Part of the Picture. Your Symptoms, Cycle History, and Overall Health Matters, Too!**

 **Your Health Is Wealth, so why not take this checklist with you to your next doctor's appointment!!**

 **Your Whole and Complete!!! Get what you need with this helpful Menopause Lab & Blood Work Checklist provided by Hormone Harmony Hub** 

 **For more menopause resources and helpful tools, please go to www.hormoneharmonywomen.com.**

**HORMONE HARMONY
WOMEN**

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Empowerment Reminders for Your Appointment

 **Your Health. Your Voice. Your Journey.**

 **1. You deserve clear answers.**

No question is too small or silly when it comes to your health.

 **2. Your lived experience matters.**

Lab results are important—but so is what *you* feel and notice.

 **3. You have the right to understand your labs.**

Ask your provider to explain results in plain language.

 **4. Take your time.**

You don't have to rush decisions. It's okay to ask for a follow-up conversation.

 **5. You can bring support.**

Bring a trusted friend or family member if you feel nervous or overwhelmed.

 **6. Write down your questions ahead of time.**

Having notes can help you stay focused and confident.

 **7. Request a copy of all results.**

It's your health record—keep it for your understanding.

 **8. You can ask for a second opinion.**

If something doesn't feel right, you have options.

 **9. You are not alone.**

Millions of women are navigating menopause—your experiences are shared and valid.

 **10. Your voice matters.**

You are the expert on your own body. Speak up and advocate for what you need.

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