

Essential Lab Tests Every Woman Needs

ASK YOUR GP TO RUN THESE

Courtesy of Dr. Mary Claire Haver



1

ADVANCED LIPID PANEL

ApoB · Lp(a) · Total Cholesterol · LDL & HDL · Small Dense LDL Particles

WHY: Estrogen loss changes how cholesterol moves in the body. LDL often rises and small dense LDL particles — which are more likely to stick inside artery walls — can increase. ApoB shows the total number of particles putting pressure on your arteries. Lp(a) is a genetic risk factor for heart disease that many women don't even know they carry.

2

BLOOD SUGAR & INSULIN

Fasting Glucose · Fasting Insulin · Hemoglobin A1c · HOMA-IR

WHY: Hormone changes during menopause shift how your body stores fat and handles sugar. Many women develop insulin resistance that leads to stubborn weight gain and higher diabetes and heart risk — often years before a diagnosis is made.

3

BONE HEALTH

Baseline DEXA Scan · Vitamin D

WHY: After menopause the drop in estrogen accelerates bone loss. Many women lose up to 20% of their bone mass in the first years of menopause without knowing it. Vitamin D is essential for calcium absorption and is commonly low — and easily corrected.

4

THYROID CHECK

TSH · Free T4 · Free T3 (if needed)

WHY: An underactive thyroid can mimic menopause symptoms almost exactly — fatigue, hair loss, mood swings, brain fog. A simple blood test rules this out or finds a treatable cause for symptoms that should not be brushed off.

IRON & ANEMIA PANEL

5

Ferritin · Full Anemia Panel if Ferritin is Low

WHY: Many women enter menopause with years of heavy or irregular bleeding behind them which can deplete iron stores. Ferritin measures stored iron and can drop long before hemoglobin does — causing fatigue, weakness, and brain fog that is easily corrected when you know.

HORMONES OPTIONAL

6

Estradiol LC/MS · Testosterone Free & Total

WHY: Estradiol can confirm where you are on the menopause timeline. Testosterone is frequently overlooked yet declining levels in midlife can impact energy, motivation, sexual desire, muscle maintenance, and mental clarity. Testing guides conversations about treatment and overall wellbeing.

CHRONIC INFLAMMATION

7

HsCRP (High Sensitivity C-Reactive Protein) · ESR

WHY: These markers show whether inflammation is present in your body. They are excellent baseline markers to track the impact of nutrition and lifestyle changes over time — and since nutrition and lifestyle changes fight so many causes of chronic inflammation, it is worth testing.

Ready to get the full picture?

Take this checklist to your next GP appointment and ask for these panels. And if you'd like to explore what your pulse and tongue are telling us — I'd love to see you in clinic.

DR. JULIE NELSON, R.TCMP

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