

## Treatment Plan

**For:** Raana Short

**Date:** 21/05/24

### Initial steps:

#### 1. BLOOD TESTS

Assessing your current nutritional and metabolic markers gives us important information to begin working from. Once we have these, we can streamline your treatment plan specifically for you. There is no '*blood test for perimenopause*' per se, and it's not really worth trying to measure oestrogen and progesterone. Instead, accessing perimenopause is based on **symptoms** and **context**.

#### Blood Tests\*:

- Iron studies
- Vitamin B12 + Folate
- Vitamin D
- Full thyroid panel: TSH, T4, T3, Reverse T3, Thyroid antibodies (TPO-Ab, TG-Ab, TRAB)
- Fasting insulin
- HbA1C
- Fasting glucose
- C-Reactive Protein

As mentioned, the GP may be reluctant to request all of these (particularly the full thyroid panel) but what they don't request, I can. As mentioned, this will be an out of pocket expense, ie. not covered by Medicare.

They'll also likely order other basics like **Full Blood Count, Liver & Kidney Function, Lipid Studies** (hopefully) etc which are useful to see too.

#### **\*Keywords\* to mention to GP to help get these tests requested:**

*"I'm very tired - especially over the last 6 months.*

*Haven't had blood tests in years and want to check my nutritional levels.*

*I've a history of low iron at times (and prefer more of a vegetarian diet).*

*Heading into my perimenopausal years and want to check in on my metabolic health."*

Once you have the pathology request form - please do not have the blood test.

Instead, upload your request form to your My Appointments account for me, so I can cross check and request those tests that have been left off. I'll email my pathology request form to you, along with instructions and my **Blood Test Rules**. Once all your test results are through, we'll have a Follow Up Consultation to go through all the results and begin devising your Treatment Plan. If you have any questions, please let me know.

Some graphics/links (click on blue arrow) regarding the hormonal changes associated with perimenopause.

