

# Any Lab Test Now

## ANTI MULLERIAN HORMONE (AMH) TEST

### **DESCRIPTION**

The average age of menopause for American women is 52 and knowing that it's probably a long way off has allowed women to wait to have children until their 30s or later. The problem is that some women may experience the onset of menopause as early as 35 so most women don't know how long they can put off childbearing.

A hormone, anti-Mullerian hormone (AMH), has been discovered that is directly related to a woman's fertility (the number of a woman's ovarian follicles) and can help to determine when a woman will begin menopause. Women showing lower levels of the hormone earlier in life tend to go through menopause at a younger age than average. Women with an increased level of AMH may be experiencing symptoms of polycystic ovarian syndrome (POCS).

### **WHY DO I NEED THIS TEST?**

Women who are determining when to attempt to become pregnant or who are considering in vitro fertilization (IVF) treatment to become pregnant may want to be tested for their AMH levels. This information can help in deciding whether to start trying to become pregnant by indicating how long they may have before they enter menopause and can also be used to determine their level of fertility and how well they will respond to IVF treatment.

AMH levels can also be used to help diagnose POCS. Women experiencing symptoms of POCS should be tested to assist in a diagnosis and to be used to determine appropriate treatment. Although AMH levels cannot be used alone to diagnose POCS, higher levels frequently accompany the syndrome. POCS symptoms include unusual bleeding, amenorrhea (lack of menstrual cycle), acne, decreased breast size, enlarged ovaries, weight gain, especially in the middle of the body, and male traits such as male pattern baldness or male hair growth patterns on the face, chest, back or inner thigh. AMH levels can also be used to monitor the treatment and possible recurrence of ovarian cancer that affects AMH in the body.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

### **WRITTEN BY:**

**EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR**

Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

**FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567**

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