



## COMPREHENSIVE THYROID PANEL

### **DESCRIPTION**

The thyroid gland is responsible for regulating how your body uses energy through the production of hormones critical to proper cell and system functioning. The three main hormones in thyroid system ideally will be working in balance:

- 1) TSH: *Thyroid Stimulating Hormone*. The most important of the hormones in the thyroid system, this stimulates or acts on the thyroid gland, telling it how much of the actual thyroid hormones need to be made.
- 2) T4: Hormone produced by the thyroid that travels throughout the body and is converted into T3
- 3) T3: The active form of T4. This is the hormone that goes into the cells and controls their function throughout the body

A thyroid hormone panel screens for thyroid function and can help diagnose potential thyroid disease by examining your body's production, levels, or usage of the different thyroid hormones. There are two types of thyroid and thyroid hormone related disorders:

- Hypothyroidism (underactive thyroid) – symptoms may include fatigue, weight gain, a short attention span, and numbness or cold intolerance.
- Hyperthyroidism (overactive thyroid) – symptoms may include weight loss, persistent vomiting, increased blood pressure, hair loss or a persistently fast heart rate.

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

If there is a thyroid level imbalance in your body, you may be more susceptible to everything from osteoporosis and heart disease to infertility and fatigue.

Thyroid disorders are more common in women and they often occur with changes in other hormone levels, such as with pregnancy or with older age.

Find out now if you have hypothyroidism or hyperthyroidism.

The Comprehensive Thyroid Panel is the most complete of the three thyroid panels. This panel will look at all levels of the various Thyroid Hormones, as well as an estimate of how well they are being taken in or used by the body; but will also include a test for a type of antibodies seen in certain autoimmune diseases of the Thyroid system. This panel includes the following tests:

1. Thyroid Stimulating Hormone (TSH)
2. Total T4
3. Free T4
4. Free T3
5. Thyroid Peroxidase Antibodies (TPO)

## **FAQs**

### **AM I REQUIRED TO FAST?**

No, fasting is not required. There are no dietary or medicinal restrictions to take this test.

### **WHAT IS REQUIRED FOR THE SAMPLE?**

A simple venous blood draw.

### **IS A DOCTOR'S ORDER REQUIRED?**

No. You do not need to provide a doctor's order to get lab testing done at Any Lab Test Now.

### **IF I HAVE QUESTIONS ABOUT MY TESTS RESULTS WHO SHOULD I CONTACT?**

We recommend you share your results with your physician.

### **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.