

BASIC 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) **T3 Free:** Free T3 measures the amount of active thyroid hormone (T3) available for your body to use. T3 helps control how your body uses energy, including your metabolism and how many organs function.
- 3) **T4 Free:** Free T4 measures the amount of thyroid hormone (T4) available in your blood. T4 is mostly a “storage” form that your body converts into the active hormone T3 and helps support normal metabolism.

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.

Test Details:

The Basic Thyroid Panel includes a broad view of the balance of the main thyroid hormones, and can help orient your caregiver to potential imbalances or problems related to the thyroid system. This panel includes the following tests:

1. Thyroid Stimulating Hormone (TSH)
2. T3 Free
3. T4 Free

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.

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.