



Why are we testing?

Perimenopause / menopause symptoms overlap with thyroid, iron, metabolic, bone and cardiovascular conditions.

- ☐ Full Blood Count (FBC / CBC)
- ☐ Iron studies (incl. ferritin)
- ☐ Vitamin B12 & folate
- ☐ Vitamin D (25-hydroxyvitamin D)
- ☐ Thyroid panel (TSH $\pm$ Free T4 & Free T3)
- ☐ Lipid profile (Total, LDL, HDL, triglycerides)
- ☐ U&Es (kidney function & electrolytes)
- ☐ CMP (if available)
- ☐ HbA1c (average blood sugar)
- ☐ DHEA-S (if symptoms suggest adrenal or androgen changes)
- ☐ Zinc
- ☐ Magnesium (consider RBC magnesium if available)
- ☐ DEXA scan (baseline bone density if indicated)

Notes for your appointment

What is Perimenopause?

The transitional phase leading up to menopause where hormones fluctuate and periods may become irregular.

What is Menopause?

Menopause is confirmed after 12 months without a menstrual period. The average age of menopause is 51-52.