



THYROID STIMULATING HORMONE (TSH) - \$30

These screenings are intended to provide information to be used by health care professionals to detect potential problems and help make you more aware of your health. If, after reading this pamphlet, you still have questions concerning your blood chemistry results, please call your doctor.

YOUR BLOOD TESTS

You and your doctor can learn a great deal about your health from a sample of your blood. Sometimes test results will be abnormal before you have any symptoms. If symptoms have developed, laboratory tests help confirm that a problem does exist. A normal test result is just as significant as an abnormal result. When a result is normal, it not only helps you rule out disease, but it also establishes a baseline for you. Each person has their own baseline "normal". A person's own results are the best baseline for monitoring any change that takes place in the future. If any of your values are significantly different from previous results, contact your doctor.

MEDICATIONS AND FASTING

Non-prescription drugs (aspirin, cold medications, vitamins, etc), prescription drugs, alcohol consumption and your fasting time may affect screening results.

Fasting is NOT REQUIRED for accurate results. Speak with your doctor if you have concerns about medication interference with result values.

THYROID STIMULATING HORMONE (TSH) is a pituitary hormone which controls thyroid gland function. Your thyroid is a small, butterfly-shaped gland located at the front of your neck. TSH stimulates the thyroid to produce thyroid hormones, including thyroxine (T4) and triiodothyronine (T3). When the thyroid gland fails, pituitary TSH increases. This condition is called primary hypothyroidism (underactive thyroid). In contrast, when the thyroid gland is overactive and producing too much thyroid hormone, the serum TSH decreases. This is called primary hyperthyroidism (overactive thyroid). In addition, if you are taking thyroid medication the TSH test can tell if your dose of thyroid hormone is correct.

TYPES OF THYROID DISEASE

HYPOTHYROIDISM –

Hasimoto's disease, iodine deficiency, congenital hypothyroidism

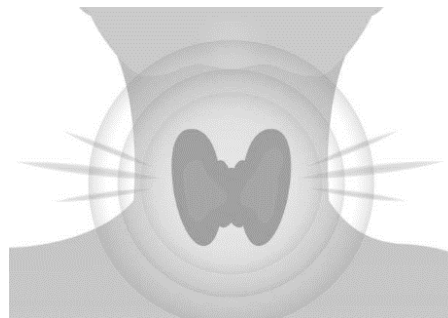
HYPERTHYROIDISM –

Grave's disease, thyroid nodules, excessive iodine

BOTH HYPER/HYPOTHYROIDISM –

Thyroiditis, and postpartum thyroiditis

Thyroid disease is very common, with about 20 million people in the United States having some type of thyroid condition. It's important to speak with your medical care team if you are concerned you may have thyroid issues.



YOUR SCREENING RESULTS

IT IS NOT POSSIBLE TO DIAGNOSE OR TREAT ANY DISEASE OR HEALTH PROBLEMS WITH THIS BLOOD SCREEN ALONE.

It can help you learn more about your body and detect potential problems in early stages when treatment or changes in personal health habits can be most effective.

Screening results that fall outside of Sheridan Memorial Hospital's reference range (range of expected screening values) are separated out from the rest of the results to highlight them. They are printed with an **H (high)** or **L (low)** on the report. The reference range for each test is listed on the right side of your blood report, or by clicking the result value in your Patient Portal. High or low values may indicate:

- Possible problems needing medical evaluation