

# Thyroid Tests to Ask Your Doctor For

Diagnosing thyroid concerns can be challenging since there are many factors at play. There is also no single test that gives you all of the information you need to know about how your thyroid is functioning. If you suspect you have a thyroid issue, here is the full panel of testing to ask your doctor about.

## Thyroid Stimulating Hormone (TSH) Test

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The best way to initially test thyroid function is to measure the TSH level in a blood sample. A high TSH level indicates that the thyroid gland is not making enough thyroid hormone (hypothyroidism). The opposite, in which the TSH level is low, usually indicates that the thyroid is producing too much thyroid hormone (hyperthyroidism).

## Free T4 Test

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T4 is the main form of thyroid hormone circulating in the blood. Tests measuring free T4 more accurately reflect how the thyroid gland is functioning when checked with a TSH.



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The TSH and Free T4 tests are the most common tests your doctor will order. There are additional tests available that give a more comprehensive understanding of how your thyroid is functioning, and this list of additional tests are often used by integrative practitioners to determine what treatment approach might be best for you.

## Free T3 Test

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The Free T3 test is often added to a testing panel to help determine the amount of hormone in the body, and therefore determine the type of thyroid hormone, and the dose, to prescribe.

## Reverse T3

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Reverse T3 is a biologically inactive protein that is structurally very similar to T3, but the iodine atoms are placed in different locations, making it inactive.

## Thyroid Peroxidase Antibody (TPOAb)

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A Thyroid Peroxidase Antibody test checks the levels of antibodies made against the compound thyroid peroxidase (TPO) in the bloodstream. Thyroid peroxidase is an enzyme produced by the thyroid gland.

## Thyroglobulin Antibody (TgAb)

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A Thyroglobulin Antibody (TgAb) test is used to check blood levels of antibodies the body has made against the compound thyroglobulin.



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### SOURCES:

- <https://avivaromm.com/hypothyroid-testing-need-know/>
- <https://www.thyroid.org/thyroid-function-tests/>
- [https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=167&ContentID=t3\\_free\\_and\\_bound\\_blood](https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=167&ContentID=t3_free_and_bound_blood)