

TESTOSTERONE LAB RESULT EXPLANATION

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 results, please call your personal health care professional.

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 than previous results, contact your health care professional.

MEDICATIONS AND FASTING

Fasting is **not required** for accurate test results. Speak with your physician if you have concerns about medication interference with result values.



SHERIDAN
MEMORIAL
HOSPITAL

1401 West 5th Street
Sheridan, WY 82801
(307) 672-1035 – Laboratory
www.sheridanhospital.org

TESTOSTERONE is a hormone produced by both men and women. In men, the testicles primarily make testosterone. Testosterone is most often associated with libido, and plays a vital role in sperm production as well as bone and muscle mass, fat storage, and red blood cell production. Testosterone levels naturally decrease as a man ages, but several other factors can cause a drop in hormone levels including injury to the testicles, kidney disease, alcoholism, pituitary gland issues, and cirrhosis of the liver. Low levels of testosterone may include symptoms such as low sex drive, depression, and low bone and muscle mass. High levels of testosterone may cause boys to begin puberty early, acne, increased agitation, and high blood pressure and extremely high levels may indicate an adrenal gland disorder or cancer of the testes. Any abnormal results should be evaluated by your physician.

Women's ovaries also make testosterone, though in much smaller amounts than in men. In women, low testosterone levels may be caused by diseases of the pituitary, hypothalamus, or adrenal glands. Symptoms include low libido, reduced bone strength, poor concentration, and depression. High testosterone levels may cause the development of masculine features in women. Any abnormal results should be evaluated by your physician.

TESTOSTERONE REPLACEMENT THERAPY is an option for people who are experiencing symptoms of low testosterone that is affecting their health and quality of life. Although reduced testosterone production, also known as hypogonadism, doesn't always require treatment, there are options available. Talk to your physician if you are concerned about your testosterone levels.



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.