

TSH (Thyroid Stimulating Hormone)

This information is provided for informational purposes only and is not intended to diagnosis, treat, cure, or prevent disease. Abnormal test values falling outside the Normal Range will be printed in bold and noted in the "Flag" column. Abnormal values should be reviewed by your primary physician and a copy of all testing should be included in your medical record for future reference and comparison.

The thyroid gland produces hormones which are crucial in regulating many bodily functions, including basic metabolism. Thyroid function is also greatly influenced by the status of the adrenal glands. Thyroid disease is very broadly classified into two types. Hypothyroidism results from too little circulating thyroid hormones and is characterized by fatigue, weight gain, constipation, depression, hair loss, and mental or memory impairment. Too much thyroid hormone results in hyperthyroidism, which can cause nervousness, irritability, weight loss, frequency of bowel movement, impaired fertility, fatigue, muscle weakness, poor appetite, and menstrual disturbances.

TSH (Thyroid Stimulating Hormone) - Is a hormone produced by the pituitary gland and whose function is to signal the thyroid gland to make more thyroid hormone. It represents the pituitary's need or desire for more or less thyroid hormone. An optimal value of TSH means the thyroid hormone levels match the body's energy needs and/or ability to utilize the energy.

Test	Lab Low	Optimal Range	Lab High
TSH	0.45	1.3-1.8	4.5

It is important to recognize that the normal range given on your lab report is very wide. For your test result to be out of range indicates a large change has occurred. Although still considered normal, a test result very high or low within the normal range is still indicative of a large change. The Free T3 and the Free T4 thyroid tests are recommended as follow up tests.