

## Hormone Indications

	Reason to Check	Possible Tests	Levels
Prolactin	<ul style="list-style-type: none"> <li>Low supply with normal breast tissue and despite frequent feedings; no other risk factors</li> <li>History of hemorrhage, pituitary tumor, head injury</li> </ul>		See below
Testosterone	<ul style="list-style-type: none"> <li>Excess facial or body hair, thinning hair of head, and adult acne indicate excess androgens that may not show up on tests</li> </ul>	Free testosterone Bioavailable testosterone	0.06-1.08ng/dl (varies by age) 0.8-10ng/dl (varies by age)
Thyroid	<ul style="list-style-type: none"> <li>Personal or family history of thyroid problems</li> <li>Extreme fatigue (hypothyroidism)</li> <li>Unexplained weight gain (hypothyroidism)</li> <li>Unexplained weight loss and jitteriness (hyperthyroidism)</li> </ul>	TSH  Free T <sub>4</sub> TPO-Ab (thyroid antibodies)	0.5-2.5mIU/L is ideal 0.3-3.5mIU/L acceptable  0.7-1.9ng/dl Negative is normal <i>Acceptable levels during pregnancy vary</i>
Insulin resistance	<ul style="list-style-type: none"> <li>Family history of diabetes</li> <li>Recent borderline glucose tolerance test or gestational diabetes.</li> <li>Baby with high birth weight</li> <li>Persistent acanthosis nigricans indicates IR; testing is optional</li> </ul>	Hemoglobin A1C  2-hr oral glucose tolerance test (OGTT)	Normal 4%-5.6% Prediabetes 5.7%-6.4% Diabetes ≥6.5%  Normal, <140ng/dl (7.8mmol/L) Impaired, 140-199ng/dl (7.8-11mmol/L) Diabetes likely, >200ng/dL <i>*values different for pregnancy</i>

IR, insulin resistance; T<sub>3</sub>, triiodothyronine; T<sub>4</sub>, thyroxine; TPO, thyroid peroxidase; TSH, thyroid-stimulating hormone.

<b>Approximate Prolactin Levels for Exclusively Breastfeeding</b>				
Stage	Baseline		Level after Suckling	
	ng/mL	mIU/l	ng/mL	mIU/l
Female menstrual life	2-20	42-425		
Third trimester of pregnancy	100-550	2128-11700		
Term pregnancy	200-600	4255-12766		
First 10 days postpartum	200	4255	400	8510
1 month	100-140	2128-2978	260-310	5532-6596
2 months	100-140	2128-2978	195-240	4149-5106
4 months	60-80	1277-1702	120-155	2553-3298
6 months	50-65	1063-1383	80-100	1702-2128
7 months-1 year	30-40	638-851	45-80	957-1702