

Thyroid Stimulating Hormone (TSH)

Laboratory Report

HEALTH AWARENESS PARTICIPANT

TEST ORDERED BY -

DATE OF BIRTH

GENDER M F

Blood Spot ID

Purpose of the Test

The test is used primarily to screen for disorders of the thyroid gland located in the lower front of the neck. The test measures the level of Thyroid Stimulating Hormone (TSH), a key factor in the control of the thyroid function. An Increased level of TSH in blood is indicative of hypothyroidism, an underactive thyroid. Hypothyroid effects on different organs is linked to elevated cholesterol, heart disease, osteoporosis, infertility, and depression. The American Thyroid Association recommends screening for thyroid dysfunction by measurement of TSH concentration, beginning at age 35.

Sample Processing Summary

TURN-AROUND TIME (DAYS)	SAMPLE COLLECTION DATE	LABORATORY RECEIPT DATE	TESTING DATE
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Test Result

REFERENCE RANGE

Thyroid Stimulating Hormone (TSH) $\mu\text{IU/mL}$ < 5.0 $\mu\text{IU/mL}$

The TSH assay method for CoreMedica Laboratories is Roche Elecsys ECL. TSH test results obtained with different assay methods cannot be used interchangeably. The reference range corresponds to the 97.5th percentile of results obtained from healthy individuals subject to health screening.

Interpretation of Result

A TSH result cannot be interpreted as definitive evidence of thyroid disease. TSH in blood has diurnal fluctuation and therefore levels can vary as much as 40%. The most common causes of hypothyroidism are iodine deficiency and autoimmune thyroiditis. The incidence of hypothyroidism increases with age. Asymptomatic individuals with mild (subclinical) hypothyroidism have an increased risk of developing congestive heart failure with a TSH level at 7.0 $\mu\text{IU/mL}$ or greater. For diagnostic purposes a test result should always be assessed in conjunction with the individual's medical history, clinical examination and other findings.

TSH Test Limitations

Several medications, including dopamine and glucocorticoids, or excessive use of dietary supplements containing Biotin may affect TSH results. Abnormal hematocrit levels also affect TSH results. A dried blood spot TSH test should NOT be used to monitor low TSH levels or used to diagnose hyperthyroidism.