

## Follicle-Stimulating Hormone (FSH)

<b>Description</b>	A peptide hormone secreted by the anterior pituitary in response to GnRH.										
<b>Indication</b>	Measurement of FSH (usually in conjunction with LH) can be useful in the investigation of amenorrhoea, polycystic ovaries, infertility, menopause, hypogonadism and hypopituitarism.										
<b>Additional Info</b>	FSH is a glycoprotein consisting of two subunits (alpha- and beta chains). In females the gonadotrophins act within the hypothalamus-pituitary-ovary axis regulating circuit to control the menstrual cycle. LH and FSH are released in pulses from the gonadotrophic cells of the anterior pituitary (under the influence of gonadotrophic releasing hormone GnRH) and pass via the bloodstream to the ovaries. Here the gonadotrophins stimulate the growth and maturation of the follicle and hence the biosynthesis of oestrogens and progesterones. In males, FSH stimulates spermatogenesis in the Sertolli cells of the testes.										
<b>Concurrent Tests</b>	LH and oestradiol										
<b>Dietary Requirements</b>	The patient need not be fasting and no special preparations are necessary.										
<b>Interpretation</b>	<p>It is important to note the time during the menstrual cycle in women.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">Male</td> <td style="text-align: right;">2 - 8 U/L</td> </tr> <tr> <td>Follicular phase</td> <td style="text-align: right;">2 -12 U/L</td> </tr> <tr> <td>Midcycle</td> <td style="text-align: right;">6 - 16 U/L</td> </tr> <tr> <td>Luteal phase</td> <td style="text-align: right;">1 - 6 U/L</td> </tr> <tr> <td>Post-menopausal</td> <td style="text-align: right;">&gt; 40 U/L</td> </tr> </table> <p>In the evaluation of menopausal status measure FSH levels should only be measured in women using progesterone only methods.</p>	Male	2 - 8 U/L	Follicular phase	2 -12 U/L	Midcycle	6 - 16 U/L	Luteal phase	1 - 6 U/L	Post-menopausal	> 40 U/L
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<b>Collection Conditions</b>	NA										
<b>Frequency of testing</b>	Two tests 4-8 weeks apart in women with possible early or premature menopause.										