

Menopause Screen

Description	Includes FSH, LH and oestradiol (E2).
Indication	Suspected menopause
Additional Info	<p>The average age of menopause is 52 years but it can occur earlier or later in life.</p> <p>It may take up to 5 years to complete the menopausal change, during which time the hormone levels can fluctuate from one month to the next and menstruation may be erratic. This period is termed peri-menopause and during this time it is still possible to conceive. Menopause is defined as 12 months without menstruation.</p> <p>The diagnosis of menopause is usually made based on the clinical symptoms (e.g. hot flushes) which are due to the decreased levels of oestrogen. However, the rising levels of FSH seen during menopause may also be used to help determine menopausal status.</p>
Concurrent Tests	None
Dietary Requirements	None
Interpretation	<p>The pattern of gonadotrophins (LH/FSH) and E2 seen at menopause is consistent with primary ovarian failure i.e. raised LH/FSH with low E2. However, FSH levels are of most use in determining the menopausal status. The age of the patient, clinical symptoms and period of amenorrhoea should also be considered.</p> <p>A raised FSH (>30IU/L) with prolonged amenorrhoea (>12 months) is indicative of menopause. Raised FSH levels with amenorrhoea <12 months or erratic menstruation is indicative of peri-menopause.</p> <p>Patients receiving HRT will have low gonadotrophins and FSH cannot be used to determine menopausal status.</p>
Collection Conditions	N/A
Frequency of testing	As required