

## Insulite Health Raises Awareness With Their Guide To The 14 Most Important Lab Tests For Polycystic Ovary Syndrome (PCOS)

*Empowering Women with PCOS to Transform Their Lives*

DENVER, CO, August 28, 2015 **/24-7PressRelease/** -- How do you know if you have polycystic ovary syndrome (PCOS)? The process of being officially diagnosed with PCOS can be a long and tedious one, mostly because medical practitioners are not quite as savvy about this condition. Seeking out an endocrinologist, a doctor who diagnoses diseases related to the glands, is the best choice for diagnosing PCOS. And Insulite Health can help guide you through this process by suggesting The 14 Most Important Lab Tests for PCOS.

No single test can diagnose PCOS, so it may take a little work and time to make sure you get a proper diagnosis. Your doctor will talk to you about your medical history, perform a physical exam, and run some tests. Sometimes, symptoms may be enough for you to begin making the necessary changes.

However, blood tests are one of the first, and most important steps, to take to determine if a woman is suffering from PCOS. Blood tests are used to assess hormone levels as well as to determine if the patient is suffering from insulin resistance, two key factors in PCOS. The most important tests to ask for are listed on the [Insulite website](#). Remember, not all doctors are knowledgeable in this area so make sure you are working with an endocrinologist, a doctor who specializes in hormones.

*"A couple months ago, I worked up the courage to have the fertility doctor 'do his thing' again- and as usual, got back the same negative report, and recommendations for birth control to regulate my out-of-balance hormones (PCOS) and shrink the re-growth of severe endometriosis. He said I might as well go on birth control to ease my symptoms as I was not even able to ovulate which creates the hormones needed to carry a pregnancy). Rather than chemically neuter myself, I sought out help from a more natural source, The Insulite PCOS System - and GUESS WHAT- I ovulated! - 2 months in a row!!! Thank you God for helping me to find balance in your natural bounty. He truly did give the leaves of the plants to us as medicine". Tobey, Broken Arrow OK*

Here are The Insulite Health 14 Most Important Lab Tests for PCOS

1. DHEA, S/Testosterone, Free: Dehydroepiandrosterone (DHEA) and Testosterone are two of the most prominent androgens, or male hormones. Symptoms like abnormal or excess hair growth, male pattern baldness and even menstrual irregularities are caused by an increased level of these particular androgens.
2. Lutenizing Hormone (LH) and Follicle Stimulating Hormone (FSH): LH and FSH are hormones that encourage a woman's body to ovulate and are both secreted by the pituitary gland. Low or imbalanced levels of these hormones cause both infertility and irregular periods.
3. Progesterone: Progesterone helps prepare the uterine lining for pregnancy. Low levels of Progesterone usually indicate that ovulation did not occur and no egg was released. This is a huge issue for all women whether or not you wish to become pregnant as progesterone is important for so many things, not the least of which is keeping us calm and balanced.
4. Estradiol: The most active estrogen in the female body is called estradiol, and is mainly secreted by the ovaries. Estrogen and Progesterone need to work together to promote menstruation. Some women with PCOS are surprised to find that their estrogen Levels fall within normal range, which is usually caused by Insulin.
5. Hemoglobin A1c: Useful to reveal your average blood sugar levels over the past 3-4 months, letting you know if you are headed towards diabetes.
6. Cortisol: High cortisol levels can lead to symptoms such as weight gain, hypertension, high blood sugar, osteoporosis and fragile skin; while low levels of cortisol may cause weight loss, weakening of muscles, fatigue, low blood pressure, vomiting and diarrhea and loss of consciousness.
7. Fasting Insulin: If a person makes too little insulin or is resistant to its effects, cells starve. If someone makes too much then symptoms of low blood glucose (hypoglycemia) emerge.
8. Fasting Glucose: To detect high blood glucose (sugar) and low blood glucose as a pre-screen for diabetes and blood sugar imbalances. Women with PCOS are much more pre-disposed to diabetes.
9. Prolactin: To evaluate menstrual irregularities and infertility in women.
10. Thyroid Markers: TSH, Free T3, Free T4, TPO: Many times women with symptoms of PCOS may have an underactive thyroid. Be sure to test for these markers along with thyroid peroxidase which can help discover an autoimmune condition.
11. Sex Hormone Binding Globulin: To help evaluate excess testosterone production in women.

The tests below help to determine if you have a gluten intolerance. This can help you decide whether or not to avoid gluten as a factor in your hormonal imbalances. We suggest that you avoid all wheat and gluten-containing products, as well as all dairy products, anyway.

12. Tissue Transglutaminase Antibodies (tTG-IgA): Used to help diagnose and monitor celiac disease, an autoimmune disorder caused by an inappropriate immune response to gluten, a protein found in wheat. Symptoms of Celiac Disease include diarrhea, bloating, gas (flatulence, farting), swollen ankles (edema), anemia, fatigue, vitamin K deficiency, and excessive bruising and bleeding.

13. Total serum IgA: This test is used to check for IgA deficiency, a harmless condition associated with celiac disease that can cause a false negative tTG-IgA or EMA result. If you are IgA deficient, your doctor can order a DGP or tTG-IgG test.

14. Deaminated gliadin peptide (DGP IgA and IgG): This test can be used to further screen for celiac disease in individuals with IgA deficiency or people who test negative for tTg or EMA antibodies.

\*\* Since there is currently no blood test for gluten sensitivity, the only way to be diagnosed is to undergo the screening and diagnostic tests required to confirm celiac disease (go to [celiac.org](http://celiac.org) for more info). A diagnosis of gluten sensitivity is confirmed when you are not diagnosed with celiac disease or wheat allergy, and your symptoms diminish after starting a gluten-free diet, followed by a return of symptoms when gluten is reintroduced into your diet.

Always refer to your doctor for more information.

*"I have used the Insulite PCOS System for about 8-9 months, lost about 25 pounds, felt great, finally got my period straightened out, and now I am eight weeks pregnant." Kristin A., Jupiter, FL*

Insulite Health, a Boulder, Colorado-based company offers a solution to women who are suffering from this irreversible condition. Polycystic Ovary Syndrome is a common, although often under-diagnosed, hormonal disorder among women. Research has shown that 30 percent of all women, perhaps as many as one billion worldwide, have PCOS-like symptoms.

A hormone-balanced, nutritious diet and regular exercise, as advocated by the Insulite PCOS System, can help to lower testosterone levels and increase cell sensitivity to insulin. Other symptoms of the condition can include fatigue, weight gain, infertility, moodiness, hormone imbalance, skin problems, hair loss, depression, sleep apnea, infrequent or prolonged menstrual periods, reproductive difficulties, and excess male hormone (androgen) levels.

The first step to managing your PCOS symptoms is understanding the severity of your PCOS symptoms. Insulite Health puts a new science-based twist on the steps for healing from the symptoms of PCOS that is delivered to women everywhere. It's called the 5% Solution and it supports women to make lasting change to transform their lives.

*"I started the Insulite PCOS System in early November 2005 after reading about you on the Internet and by the end of December I was pregnant. I am just thrilled I have been so lucky and don't know what I would have done if I hadn't discovered you and I want to thank you all very much for helping me achieve my wish." Katie M., England*

Insulite Health has an abundance of great information to stand behind their cause. As part of this health management e-portal, Insulite Health has developed more than 12,900 online pages of information about PCOS. The Insulite Health website ([www.pcos.com](http://www.pcos.com)) now serves as the world's leading resource to help transform the health and lives of women and teens with this condition.

In addition to the extensive library of online information supporting and empowering women with PCOS, this unique and amazing company also prides itself on the many online support channels they offer. From their informative Blog, which has a whole range of topics relating to PCOS, to their online events, such as the Inspiration Hour, to their social networks, which includes their popular Facebook page with more than 8,000 followers, as well as an online newsletter that offer transformational lifestyle, health and wellness tips for a healthier life while living with PCOS.

For the most up-to-date information and ways to stay connected visit <https://www.pcos.com/>

Insulite Health was established in 2001 in Boulder, Colorado USA, to research, develop and test a scientifically-based, multi-layered approach to addressing the problems associated with Insulin Resistance (IR), a potentially dangerous imbalance of blood glucose and insulin. Reversing the condition requires a complete, specialized system which incorporates potent Nutraceuticals (a natural herb, vitamin, mineral or other nutrient used medicinally); a tailored nutrition plan; an exercise plan designed to increase insulin sensitivity; a component that addresses carbohydrate addiction; and an extensive support network.

Recognizing that there are millions of people who need this kind of systematic approach to reversing Insulin Resistance (IR), Insulite Health has, over the past ten years, developed individual systems for PCOS (Polycystic Ovarian Syndrome), Excess Weight Gain/Obesity, Metabolic Syndrome (Syndrome X), Prediabetes and Type 2 Diabetes.

For further information, visit [www.pcos.com](http://www.pcos.com), call 888-272-8250 or send an email to [media@insulitehealth.com](mailto:media@insulitehealth.com)

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