Thyroid Test TSH, fT3 & fT4

Lab test | Blood

Name: **Sample Report** Date of test: **05/04/2022** Analysis-ID: **521ZYC-TH**

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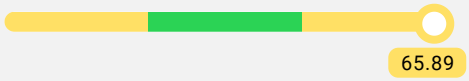
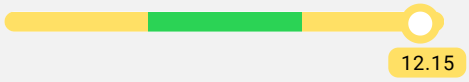
Your test results

Our lab has tested your blood sample for TSH, free T4, and free T3. You will find your results below.

Thyroid Test TSH, fT3 & fT4 - Overview

Name	Your value	Reference value	Scale
TSH	65.89 mE/l	0,3-4,2 mE/l	
Free T4	5.12 pmol/L	12-22 pmol/L	
Free T3	12.15 pmol/L	3,1–6,8 pmol/L	

Detailed explaination of your results

TSH

Name	Your value	Reference value	Scale
TSH	65.89 mE/l	0,3-4,2 mE/l	65.89

High TSH values may be associated with hypothyroidism (underactive thyroid gland), while low values may be associated with hyperthyroidism (overactive thyroid gland). However, it also depends on the levels of fT3 and fT4.

Free T4

Name	Your value	Reference value	Scale
Free T4	5.12 pmol/L	12-22 pmol/L	5.12

High values of fT4 may be associated with hyperthyroidism, while low values may be associated with hypothyroidism.

Free T3

Name	Your value	Reference value	Scale
Free T3	12.15 pmol/L	3,1–6,8 pmol/L	12.15

High values of fT3 may be associated with hyperthyroidism, while low values may be associated with hypothyroidism. At low values, the thyroid imbalance has often been going on for a long time.

Observe that pregnant women may have different reference values depending on where they are in their pregnancy.

For values outside the reference value, we recommend that you contact a doctor.

Read more about the thyroid gland on the next page.

About the thyroid gland

The thyroid works through a so-called negative feedback loop via the pituitary gland. Elevated values of T3 and T4 in the blood inhibit the production of TSH, while low levels of T3 and T4 increase the production of TSH. T4 is also described as the inactive/storage form and is converted to the active form T3 that the cells of the body use primarily. Factors that can impair the conversion of T4 to T3 include high levels of cortisol and lack of the mineral selenium.

High TSH values may be associated with hypothyroidism, while low values may be associated with hyperthyroidism. However, it also depends on the levels of fT3 and fT4.

What can disturb the function of the thyroid gland?

Studies have shown that a variety of endocrine disruptors can interfere with thyroid function and transport of thyroid hormones. Examples of hormone disrupting substances are bisphenol A (BPA), phthalates, and environmental pollutants including polychlorinated biphenyls (PCBs). A higher autoimmune incidence has also been seen in thyroid diseases in people living in polluted areas, near petrochemical plants, and in areas contaminated with organochlorine pesticides or PCBs.

Even stress and inflammation can disturb the thyroid gland. Among other things, elevated levels of T3 have been seen in people with PTSD, despite normal levels of TSH and T4.

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