

Follicle-Stimulating Hormone (FSH) Test

FSH (follicle-stimulating hormone) is a critical component of the reproductive system. It is in charge of the development of ovarian follicles. Follicles in the ovaries generate estrogen and progesterone, which aid in the maintenance of women's menstrual cycles. FSH is involved in the growth of the gonads as well as sperm production in males.

The FSH test determines the amount of FSH in your blood. Your doctor will conduct an FSH test to determine the underlying reason for reproductive system issues.

The Purpose of the FSH Level Test

An FSH test is a simple blood test. This test may be requested of women at a specified moment in their menstrual cycle, generally the first couple of days.

FSH Test for Women

The most prevalent reasons for an FSH test in women are:

- assessing infertility problems
- assessing irregular menstrual cycles
- diagnosing disorders of the pituitary gland or diseases involving the ovaries

FSH Test for Men

An FSH test may be performed on males to:

- evaluate a low sperm count
- assess hypogonadism or gonadal failure
- assess testicular dysfunction

FSH Test for Children

An FSH test may be used to assess if a kid is undergoing precocious puberty or early puberty. An FSH test can also be used to assess if a child is going through puberty too soon. This happens when sexual organs or characteristics do not develop as they should.

What Should My Doctor Know Before I Take the Test

Before having any medical test, inform your doctor about any prescription or nonprescription drugs, dietary supplements, or vitamins you're taking. You should inform your doctor about any birth control methods you take, such as the pill, an intrauterine device, or a patch, because they may affect your test results.

You should also speak with your doctor about any current medical conditions, such as the following:

- uncontrolled thyroid disease
- sex-dependent hormone tumors
- ovarian cysts

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