

MESH Perimenopausal Symptoms Workup Options

best interpreted with a provider experienced in menopause / perimenopause

patients can have MESH order any of the tests or panels - does not have to be all-or-nothing

Traditional hormone testing

	<u>GFE</u>	<u>MESH</u>
FSH / LH (follicle stimulating hormone / luteinizing hormone)	\$223	\$17.00
Estradiol [2] (estrogen)	\$183	\$15.77
Progesterone	\$140	\$21.03
Testosterone, total	\$163	\$16.80
DHEA-s (dehydroepiandrosterone - estrogen/testosterone precursor)	\$140	\$26.22
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	\$849	\$96.82

Thyroid testing - thyroid dysfunction can mimic or worsen symptoms

TSH	\$99	\$12.99
Free T4	\$106	\$25.66
Free T3	\$198	\$39.97
TPO (thyroid peroxidase antibodies)	\$87	\$25.45
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	\$490	\$104.07

Metabolic Screening - help distinguish systemic disease from hormone-related

CBC (complete blood count)	\$33	\$12.27
CMP (comprehensive metabolic panel)	\$48	\$12.68
HbA1c (insulin resistance, diabetes risk)	\$69	\$14.00
Lipid panel (cholesterols, triglycerides)	\$103	\$14.74
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	\$253	\$53.69

Nutritional & Fatigue-related - frequently abnormal in midlife women

Ferritin (iron stores)	\$83	\$22.05
Vitamin B12	\$111	\$26.89
Folate	\$92	\$23.29
Vitamin D	\$243	\$38.53
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	\$529	\$110.76

Total **Good Faith Estimate** versus **MESH** expense for entire bundle **\$2,121** **\$365.34**

that is an **82.8 % savings** thru MESH for an extensive testing panel