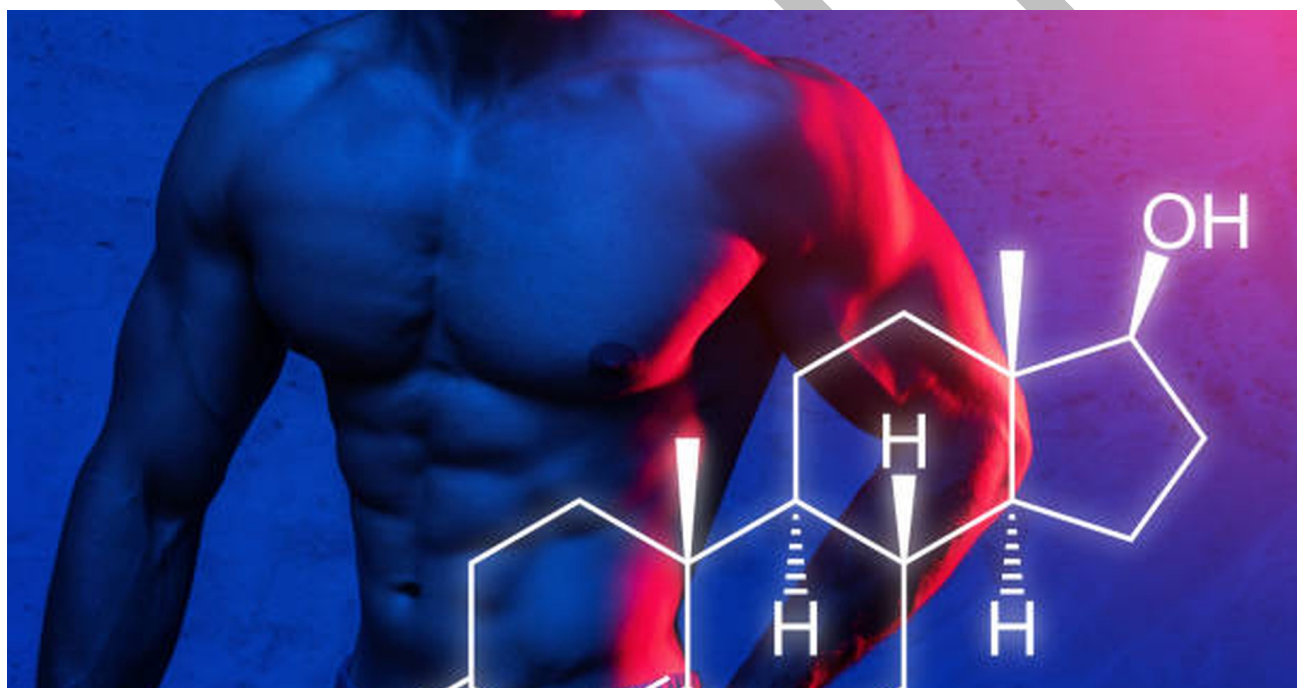


SAMPLE REPORT | MALE HORMONE SCREENING

Male Hormone Profile

An example of the report you receive after your blood test



PATIENT

Sample Report

DOB (AGE)

XX/XX/XXXX (00)

GENDER

M

SAMPLE DATE

XX/XX/XXXX

REPORT DATE

XX/XX/XXXX

REPORT REF

SAMPLE**THIS IS A SAMPLE REPORT**

The results shown here are illustrative and do not belong to a real patient. They are included to show how your own results would be presented, explained and reviewed. Your report would carry your own name, dates and results.

Before you read your results

Important notice

Your results in this report are shown alongside a “reference range”: this represents the range of values typically seen in the majority of healthy individuals.

Frequently asked questions

If my results are outside the reference range, does that mean they are abnormal?

Not necessarily. While results outside the reference range may suggest a possible abnormality, they must be interpreted in the context of your age, medical history, and any medications you are taking. In this report, we have highlighted any results that are either positive or fall outside the normal range, so they can be reviewed by a doctor or suitably qualified nurse.

What should I do next?

Do not make any changes to your current medications without first consulting your treating doctor. Lifestyle changes may be beneficial, but these should also be discussed with a doctor or qualified nurse who can ensure any recommendations are appropriate for your individual circumstances and help you maintain any changes in the long term.

How to read the status column

GREEN

Within the reference range for this test.

AMBER

Outside the reference range, or above target. Needs interpreting in context.

RED

Outside the range to a degree that warrants prompt clinical review.

What is in this report

- 01 Summary (at a glance)
- 02 Male Hormone Screening Profile
- 03 GP Comments & Next Steps

How to use this report

01 Grouped by area of health

Each section brings together the tests that belong to one part of the body, so related results sit side by side.

02 Every test explained

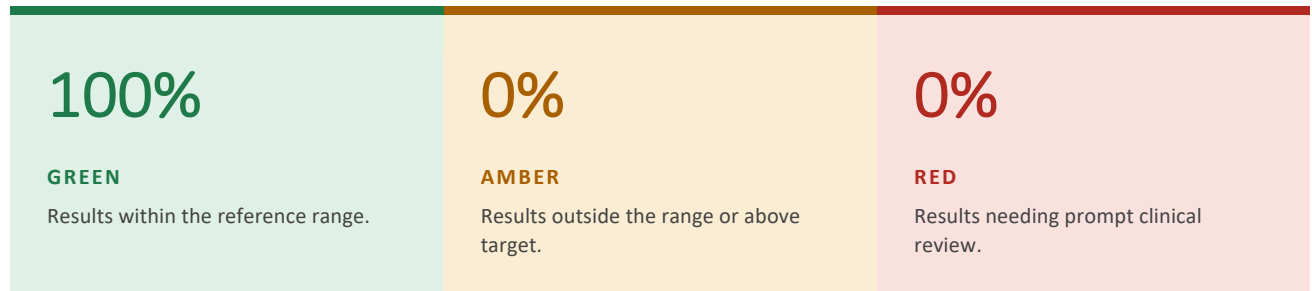
The final column of each table says in plain English what the test measures and what your result means.

03 Anything flagged is pulled together

Results outside the range appear in the summary and are discussed again in the GP comments at the end.

Summary at a glance

A breakdown of how your results were categorised across all tests in this profile.



Results flagged for review

Every test in this profile is within its reference range. Please still read the GP comments at the end of this report.

Male Hormone Screening Profile

Assesses pituitary signalling to the testes, testosterone level, SHBG, estimated bioavailable testosterone and prolactin.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Follicle-stimulating hormone (FSH)	3.5 IU/L	1.5–12.4	GREEN	Pituitary hormone involved in sperm production. Result is within the reference range, supporting normal signalling from the pituitary gland to the testes.
Luteinising hormone (LH)	3.1 IU/L	1.7–8.6	GREEN	Pituitary hormone that signals the testes to produce testosterone. Result is within the reference range and reassuring.
Testosterone	16.5 nmol/L	7.6–31.4	GREEN	Main male sex hormone, important for libido, erections, energy, muscle and mood. Result is comfortably within the adult male reference range.
Sex hormone binding globulin (SHBG)	59 nmol/L	19–83	GREEN	Protein that carries testosterone in the blood and influences how much is free and active. Result is within the reference range.
Testosterone/SHBG ratio	28.0	24–104	GREEN	An estimate of bioavailable, or active, testosterone based on the two results above. Result is within the reference range, suggesting adequate active testosterone.
Prolactin	144 mIU/L	86–324	GREEN	Pituitary hormone that can affect testosterone, libido and sexual function when raised. Result is within the reference range.

GP comments and next steps

A clinician's interpretation of your results, taken as a whole.

Overall summary

All measured results in this profile are within the laboratory reference ranges. FSH and LH are normal, testosterone is within the adult male range, SHBG is normal, the testosterone to SHBG ratio is within range, and prolactin is normal.

Pituitary signalling (FSH and LH)

FSH and LH are produced by the pituitary gland and together regulate testicular function and testosterone production. Both results are within range, which is reassuring and does not suggest a problem with the signal from the pituitary gland to the testes.

Testosterone and bioavailable testosterone

Total testosterone is comfortably within the adult male reference range. SHBG, the protein that carries testosterone around the bloodstream, is also within range, and the testosterone to SHBG ratio is normal, which suggests the amount of active testosterone available to your body is adequate. Taken together, these results do not show biochemical testosterone deficiency.

Prolactin

Prolactin is within the normal range. Raised prolactin can sometimes lower testosterone and affect libido and sexual function, so it is a useful thing to measure. This result does not suggest a prolactin-related cause for symptoms.

Next steps

No urgent hormone-specific action is needed on the basis of these results. If symptoms such as low libido, erectile difficulties, reduced morning erections, low energy, low mood or loss of muscle mass are ongoing, it is worth looking at other contributors including sleep, stress, alcohol, weight, medication and general health. Testosterone varies through the day, so a repeat early-morning test can be considered if symptoms persist or change.

Overall interpretation

Overall, this is a reassuring male hormone screening profile, with no biochemical evidence of testosterone deficiency, of a problem with pituitary signalling, or of raised prolactin. If symptoms continue despite these normal results, the answer usually lies outside the hormone profile, and a review is the best way to work through what else may be contributing.

What happens next

1

Read through your results

Work through each section alongside the status key. The final column explains what every test measures and what your result means.

2

Book a review appointment

Every result in this profile is within its reference range, so no specific action is needed. If symptoms are ongoing, you can book a consultation with one of our GPs at Jenhams Clinic, or take this report to your own healthcare provider.

3

Agree a plan

Where symptoms persist despite normal hormone results, this usually means looking at sleep, stress, weight, alcohol, medication and general health. Do not stop or change any medication before speaking to your treating doctor.

SPEAK TO US ABOUT YOUR RESULTS

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Clinic hours Mon, Tue, Thu 9.00am to 5.30pm | Wed, Fri 9.00am to 3.00pm | Sat 9.00am to 1.00pm

ABOUT THIS REPORT

This report presents the results of a male hormone screening blood profile requested through Jenhams Clinic. Reference ranges are those supplied by the reporting laboratory and may differ slightly between laboratories. Results are a snapshot at the time of sampling and should always be interpreted in the context of your age, medical history, medication and symptoms. This report does not constitute a diagnosis and is not a substitute for a consultation with a doctor or suitably qualified nurse.