



**“Customized, Patient Specific, Compounded Medications”**

**Town & Country Compounding / ZRT Patient Blood Spot Testing**



**Blood Spot Testing**

Blood Spot is the future of blood testing. The process requires only blood from a nearly painless finger prick and several tests can be run from a single sample. Blood Spot testing provides results on a par with those from serum tests but without the cost and inconvenience of conventional blood drawing. And because hormone samples can be conveniently collected at home, collection times can be optimized for fasting baseline hormone levels and assessment of HRT dosing and diurnal hormone testing.

ZRT Laboratory offers Blood Spot testing for measuring hormones and related substances in whole, capillary blood. Tests offered in the Blood Spot Profiles are listed alphabetically below and include:

**Hormones we test in blood spot include:**

<ul style="list-style-type: none"> <li>• Estradiol (E2)</li> <li>• Progesterone (Pg)</li> <li>• Testosterone, total (T)</li> <li>• DHEA-S (Ds)</li> <li>• Cortisol (C)</li> <li>• Vitamin D, 25-OH, Total</li> <li>• Somatomedin C (IGF-1)</li> <li>• Luteinizing Hormone (LH)</li> <li>• Follicle-stimulating Hormone (FSH)</li> </ul>	<ul style="list-style-type: none"> <li>• Free Thyroxine (fT4)</li> <li>• Free Triiodothyronine (T3)</li> <li>• Thyroid Stimulating Hormone (TSH)</li> <li>• Thyroid Peroxidase Antibodies (TPO)</li> <li>• Sex Hormone Binding Globulin (SHBG)</li> <li>• Prostate Specific Antigen (PSA)</li> <li>• Fasting Insulin</li> </ul>
<p>Male Blood Profile I (E2, T, DS, C, SHBG, &amp; PSA)</p> <p>Male Blood Profile II (E2, T, DS, C, SHBG, PSA, TSH, fT3, fT4, &amp; TPO)</p> <p>Female Blood Profile I (E2, Pg, T, DS, C &amp; SHBG)</p>	<p>Female Blood Profile II (E2, Pg, T, DS, C, SHBG, TSH, fT3, fT4, &amp; TPO)</p> <p>Complete Thyroid Profile (TSH, fT3, fT4, &amp; TPO)</p> <p>CardioMetabolic Profile I (Insulin, hsCRP, HbA1c, TG, CH, &amp; LDL)</p>