

## Blood Tests & Hair Loss

### Are blood tests necessary to investigate hair loss?

Blood tests are commonly required in the investigation of hair loss. It does depend on the type of problem as to what tests are recommended but there are some general tests that investigate for common conditions (low thyroid) or nutritional changes (low iron).

### Will blood tests be done at the time of the appointment?

Blood tests can be organised at the time of the appointment, but it is far better to get tests done in advance and to bring these results with you, as these form a meaningful part of the consultation and can direct therapeutic recommendations. A telephone follow up to discuss results after the consultation can be organised at additional cost.

### Can I get blood tests done with my GP?

GPs will often organise blood tests as part of the investigation for hair loss. This will usually include common tests like your full blood count and thyroid function. It may not include all the tests mentioned below, although they are usually happy to add relevant tests to get to the bottom of the problem. If your GP will not do any tests, or you would prefer not to involve your GP, there are online companies like Medichecks <https://medichecks.com> who provide testing with their Well Man / Woman Ultra Vit covering all of the common tests.

### Will my tests organised by the GP be part of my private records?

If you have been formerly referred your GP **may** include test results with the referral. Often there will only be a statement that the tests are "normal" and it won't include the actual numbers or tests organised. I can not view the NHS results system from the private sector. **The most reliable way to ensure results are available is to ask for a copy yourself and bring this with you to the appointment.**

### I've been told my tests are all normal - Do I need to bring them to the appointment?

Yes. A number of blood tests have a really wide normal range and a low number might fall within this range and be classed as "normal" but actually be very low in the setting of hair loss. This is very true of Ferritin, the marker of your iron stores, where the range is 15-250 but should be over than 70 in active shedding.

### I am experiencing lots of hair coming out, what tests are recommended?

Ferritin, CRP

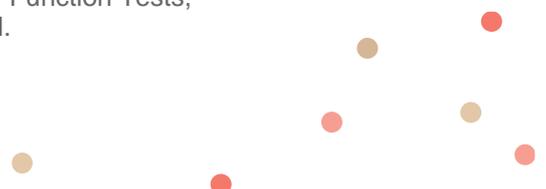
Thyroid Function Tests (T4 and TSH)

B12

Folate

Vitamin D

Routine tests like Full Blood Count, Renal Function U&Es, Liver Function Tests, Magnesium, iron studies are usually included but less essential.



**I've experienced gradual hair thinning – does this require the same tests?**

There is a considerable overlap and even if you are experiencing thinning, it is important to make sure there are no other factors. Additional hormone tests may also be suggested:

Pre-menopausal females: LH, FSH, Testosterone, Oestradiol

Post-menopausal females: Oestradiol, Testosterone

Young Males: Testosterone, Dihydrotestosterone

**Are blood tests necessary for Alopecia Areata?**

Blood tests are not usually essential in Alopecia. However, they may be necessary if starting a tablet based medication. There is also a link with other auto-immune conditions and occasionally investigating for a thyroid condition may be recommended.

**Are blood tests needed for other hair loss conditions?**

Other conditions may require testing for the monitoring of response to treatment. These will be discussed at the time of the appointment. If you have already had some basic blood tests or any tests in the last 6 month, it is worth bringing these, as that may prevent any unnecessary tests being ordered.

