Wahine Health
GYNECOLOGY CARE FOR MAUI

YEAR-END CHECK-UP · 2026

HORMONES & WEIGHT

Is it menopause, or is it your *metabolism*? The year-end lab checklist.

Menopause is a metabolic event — but "it's just hormones" is how prediabetes, thyroid disease, iron deficiency and sleep apnea get missed. Have a current answer to each of these before December 31, and bring this page to your visit.

Bloodwork

- [ ] **A1c and fasting glucose** — often with a fasting insulin, which rises years before glucose does
- [ ] **Lipid panel** — total, LDL, HDL, triglycerides. LDL climbs at menopause on an unchanged diet
- [ ] **Thyroid** — TSH, with free T4 when warranted
- [ ] **Ferritin and a blood count** — not hemoglobin alone
- [ ] **Vitamin D**, and B12 when indicated
- [ ] **Liver enzymes** — how fatty liver (MASLD) first shows up

Measured, not estimated

- [ ] **Blood pressure**
- [ ] **Waist circumference** — tells you more about metabolic risk than BMI
- [ ] **Body composition** — muscle mass, fat mass and visceral fat. The number that tracks what menopause is actually doing
- [ ] **Bone density** — if 65+, or younger with risk factors (early menopause, parent with hip fracture, long-term steroids, low body weight, prior fracture)

By history, not blood

- [ ] **Sleep apnea** · **mood** · **medications** that promote weight gain

Deliberately *not* on the list: a one-time estradiol or FSH to "confirm" perimenopause. Over 45, the diagnosis is clinical — from your symptoms and cycle. These labs are for everything the diagnosis could be hiding.

Your deductible resets Jan 1
On most calendar-year plans, the same visit and labs cost less in December than in January.

FSA expires · HSA works
Visit, labs and body composition analysis all qualify.

December fills
A baseline now means January is spent acting on results, not waiting for them.

Book a year-end visit →
wahinehealth.com/book
Wailea, Maui · Telehealth in Hawai'i & Illinois · (808) 879-1859
Read the full post:
wahinehealth.com/gynecology-blog

Patient education, not medical advice; it does not create a physician–patient relationship. Which tests are appropriate for you is decided at a visit with a clinician who knows your history. Insurance, deductible and FSA/HSA rules vary by plan — confirm with your insurer.
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