

# Any Lab Test Now

## THYROID PEROXIDASE ANTIBODIES (TPO) TEST

### **DESCRIPTION**

Approximately 50 million Americans suffer from an autoimmune disease including thyroid autoimmune disorders. An autoimmune disorder of the thyroid causes the body to view the thyroid gland as a threat or foreign body and to produce antibodies which attack the thyroid. The two most common autoimmune thyroid disorders are Hashimoto's thyroiditis and Grave's Disease.

Hashimoto's thyroiditis is characterized by periods of hypothyroidism (underactive thyroid) and bouts of hyperthyroidism (overactive thyroid). Grave's Disease causes hyperthyroidism. Symptoms of hypothyroidism include weight gain, fatigue, dry skin, hair loss, intolerance to cold and constipation. Hyperthyroidism causes irregular or racing heartbeat, weight loss, protruding eyes, anxiety, tremors and difficulty sleeping. Long term effects of not treating these disorders can lead to severe health problems and treatment may require lifelong medication to replace the thyroid hormone and/or radiation or surgery to eliminate excess thyroid hormone.

### **WHY DO I NEED THIS TEST?**

Are you experiencing unusual symptoms such as unexplained weight gain or loss, fatigue, rapid heartbeat, anxiety or difficulty sleeping?

Your symptoms may be caused by an autoimmune thyroid disease. Although Hashimoto's thyroiditis or Grave's Disease may or may not be accompanied by nodules, these disorders are not malignant, but will need immediate treatment to relieve symptoms and to treat the disorders long-term. The prevalence of thyroid antibodies increases with age and affect more women than men, as high as 33% of women 70 or older.

The Thyroid Peroxidase Antibodies test can detect whether antibodies are present and which type (Hashimoto's or Grave's) they are. The test can also be used to rule out an autoimmune thyroid disorder and distinguish between an autoimmune or other type of thyroid dysfunction. The test may also be used to identify underlying cause of goiter (an enlarged thyroid gland) and unexplained high or low thyroid hormone levels.

### **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

Test results generally take between 24 to 72 business hours after your specimen is collected.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

### **WRITTEN BY:**

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

**FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567**

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