

Newson Clinic Knowledge Factsheet

Understanding your blood test results

Newson Clinic's guide to blood tests, and what the results can reveal about your health.

Blood tests provide valuable insights into your health, helping to assess everything from your hormone balance and organ functions to key nutrient levels. At Newson Clinic, we understand that the choice of blood tests available can sometimes feel overwhelming. That's why we have created this guide to help you understand what each test measures and why they are important.

Your Clinician will take you through your results and explain the next steps, but this guide provides a helpful overview of what your test can reveal about your health.

Blood health and general wellbeing

Your blood carries essential nutrients and oxygen throughout your body. Blood tests help assess overall health, identify deficiencies and detect potential issues such as anaemia or infection.

What is a full blood count (FBC) and why is it important?

FBC checks the number and types of red and white blood cells. It helps assess your general health and identify issues like anaemia or infections.

Why is ferritin tested?

Ferritin measures iron storage in your body. Low ferritin can indicate low iron, often leading to fatigue and poor concentration, while high levels may indicate underlying conditions.

Why are vitamin B12 and folate tested?

Vitamin B12 and folate are essential for nerve function, red blood cell production, and brain health. Deficiencies can cause fatigue, memory issues, and nerve problems.

Why is vitamin D important?

Vitamin D helps your body absorb calcium for strong bones and supports your immune function. Many people have low vitamin D levels, particularly in winter. Vitamin D can also help control infections and reduce inflammation.

Metabolic and organ function

Your organs work together to maintain a healthy internal balance. These tests assess kidney and liver function, and also help detect conditions like diabetes.

What does a kidney function test measure?

This test measures creatinine, urea, and eGFR to assess how well your kidneys filter waste and regulate important chemicals in the body.

Why is a liver function test important?

Your liver plays important roles in hormone balance, protein production and detoxification. This test measures ALT, ALP, AST, GGT, bilirubin, and albumin to assess liver health.

What is HbA1c and how does it relate to diabetes?

HbA1c reflects average blood sugar levels over the past few months. It helps diagnose diabetes and prediabetes, and can guide lifestyle changes to reduce future risk.

Lipid and cardiovascular health

Cholesterol and other lipids play a vital role in heart health. These tests help assess your risk of heart disease, which can increase during perimenopause and menopause.

What are lipids and why do they matter?

Lipids include cholesterol and triglycerides, which are essential for building hormones and cells. However, imbalanced lipid levels can increase your risk of developing heart disease. **What is the difference between HDL and LDL cholesterol?** HDL stands for high density lipoprotein. It's a 'good' type of cholesterol helps remove excess cholesterol from your blood. In contrast low-density lipoprotein (LDL) is the 'bad' form of cholesterol which can build up in arteries and increase heart disease risk. **What is total cholesterol (TC)?** TC:HDL is the ratio of HDL to total cholesterol. During perimenopause and menopause, cholesterol levels, especially LDL levels, often rise as lipid metabolism slows. HRT can help by lowering LDL cholesterol and increasing HDL cholesterol.

Hormonal health and menopause

Hormones regulate many bodily functions, from mood to metabolism. These tests help assess hormone levels and guide treatment options during perimenopause and menopause.

What does oestradiol do?

Oestradiol is the commonest and most beneficial form of oestrogen and is important for symptom control in perimenopause and menopause. It also supports bone, heart and brain health.

Why is testosterone important for women?

Testosterone is a female hormone that supports libido, mood, concentration, energy, bone, and muscle strength. Levels decline with age, and testing can guide treatment.

What is sex hormone binding globulin (SHBG)?

SHBG is a protein which binds to sex hormones in your blood, affecting how much testosterone and oestrogen are available for use. Measuring SHBG helps assess hormonal balance.

What is the free androgen index (FAI)?

FAI is calculated using SHBG and testosterone levels to estimate how much active testosterone is available in your body.

Thyroid function and autoimmune markers

Your thyroid gland controls metabolism, energy, and temperature regulation. These tests help diagnose thyroid conditions, which can impact overall wellbeing and future health.

What is a thyroid function test (TSH, T4 and T3) and why is it checked?

A thyroid function test measures TSH, T4, and T3 to check for overactive or underactive thyroid conditions.

What are thyroid peroxidase antibodies (TPOAb)?

Thyroid Peroxidase (TPOAb) is tested to check for autoimmune thyroid conditions such as Hashimoto's thyroiditis, or Graves' disease which can cause hypothyroidism.

What are thyroglobulin antibodies (TgAb)?

TgAb can indicate autoimmune thyroid disease and may suggest a higher risk of developing thyroid dysfunction.

I've had my blood tests. What happens next?

Your Clinician will discuss your test results with you, explaining what they mean and any next steps. If your results indicate a deficiency or imbalance, they will guide you on potential treatment options, lifestyle changes or any further investigations which may be needed. If you haven't yet booked a blood test or need more details on available options, visit our blood tests page to explore the various blood tests we offer at Newson Clinic.

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