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Table 7: Laboratory and Diagnostic Tests to Consider in the Assessment of Patients with Obesity

Consider for most patients:

- HbA1C
- Electrolytes renal function tests (creatinine, eGFR)
- Total cholesterol, HDL- and LDL-cholesterol, triglycerides
- Alanine aminotransferase (ALT)
- Age appropriate cancer screening

Consider only if clinically indicated:

- Complete (full) blood count
- Thyroid stimulating hormone/thyroid function tests
- Uric acid
- Assessment of iron (TIBC, % saturation, serum ferritin, serum iron)
- Vitamins B12 and D levels
- Urinalysis
- Urine for micro-proteinuria

Women with obesity and symptoms of polycystic ovary syndrome:

- LH, FSH, total testosterone, DHEAS, prolactin and 17 hydroxyprogesterone levels

LH: luteinizing hormone; FSH: follicle stimulating hormone; DHEAS: dehydroepiandrosterone; TIBC: total iron binding capacity.