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.