



The Hidden Markers List

The second set of labs — what each one tells you, and how to ask for it.

These are not magic fertility tests. Some are well supported, some are promising and early, some are genuinely debated. They are warning lights about system-wide strain, never a verdict, and never one lab on its own. Tick the ones that make sense for your situation, take this to your own OB, REI or physician, and ask which they would run. Some will decline some of them and they may well be right — that is a real conversation worth having.

Metabolic & insulin

- ☐ **Fasting insulin** — catches what a glucose test alone misses
- ☐ **Fasting glucose** — the standard companion to the above — run them together
- ☐ **HbA1c** — your three-month blood sugar memory
- ☐ **HOMA-IR** — calculated from fasting insulin and glucose
- ☐ **Lipid panel & liver markers** — the wider metabolic picture

Nutrients & storage

- ☐ **Ferritin + iron studies** — oxygen delivery and lining growth; can be low with a normal blood count
- ☐ **Vitamin D (25-OH)** — low levels are associated in research with PCOS and endometriosis patterns
- ☐ **Active B12 and folate** — DNA replication and methylation — exactly what a maturing egg is doing
- ☐ **CoQ10 status** — sits in the middle of mitochondrial energy production

Thyroid & autoimmune

- ☐ **Full thyroid: TSH, free T4, free T3** — TSH alone is not the whole picture
- ☐ **TPO and thyroglobulin antibodies** — linked in research with higher miscarriage risk in some groups even when TSH looks fine
- ☐ **ANA screen** — a general flag, weighed with history — never a diagnosis on its own

Inflammation & oxidative stress

- ☐ **hs-CRP** — a sensitive marker of systemic inflammation
- ☐ **Homocysteine** — when elevated, can point toward oxidative stress and methylation issues

The male half

- ☐ **Semen analysis — repeated** — one sample is one production run; sperm regenerate on a ~74-day cycle
- ☐ **Sperm DNA fragmentation** — worth discussing after recurrent loss or embryos that keep arresting
- ☐ **His metabolic labs** — same fuel, same fire, same flow

How to stay safe with these. Look at direction over three to six months rather than reacting to one number on one day. If a clinic runs a large exotic panel and immediately sells a treatment tied to a single result, be careful — that is the most common way people are taken advantage of in this space. Hold us to the same standard.

Free 10-minute call, or the Metabolic & Immune Fertility Evaluation (\$100 — \$50 to reserve, \$50 at your visit) at easttowestfertility.com