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LAB INSIDER

More Than a Test. A Woman's Health Story.



Every stage of a woman's life tells a different story...

From adolescence and reproductive health to pregnancy, menopause and healthy ageing, the body is constantly changing. Often, those changes begin long before symptoms appear.

That is where laboratory medicine plays a vital role.
A blood test can reveal an iron deficiency before fatigue becomes overwhelming.

Hormone testing can help explain unexplained symptoms. Cervical screening can detect changes years before cervical cancer develops. HPV testing can identify risk long before disease occurs.

For healthcare professionals, these tests provide critical clinical insights that support earlier diagnosis and better patient outcomes.

For patients, they offer something equally important: knowledge.

Women's Month reminds us that healthcare is not only about treating illness. It is about empowering women with the information they need to make informed decisions about their health at every stage of life. The most powerful healthcare conversations often begin with a simple test.

Because when women understand their health, they are better equipped to protect it.

Did you know?

Women are often diagnosed later than men for certain health conditions because symptoms can present differently or develop gradually.

Routine screening and preventative testing help identify potential concerns before they become serious health issues.

The Women's Health Testing Toolkit

HPV Prevention - HPV Vaccination
HPV vaccination is highly recommended at an early age and forms an important part of cervical cancer prevention. (HPV vaccination is also recommended for boys.)

Cervical Screening - Pap LBC & HPV DNA Testing
Early detection of cervical abnormalities and HPV infection remains one of the most effective ways to reduce cervical cancer risk.

Iron Studies & Ferritin
Fatigue, poor concentration and low energy are often linked to iron deficiency, particularly in women of reproductive age.

Thyroid Function Tests
Changes in weight, mood, energy levels and menstrual cycles can sometimes be linked to thyroid dysfunction.

Hormone Profiles
Provides valuable insight into fertility, menstrual health, perimenopause and menopause management.

Vitamin D & Bone Health
Supports the assessment of bone health and overall well-being, particularly during and after menopause.

Diabetes Screening
Regular glucose and HbA1c testing assists with early detection and long-term management.

Knowledge is Powerful. Prevention is Priceless.

This Women's Month, encourage the women in your care, your practice and your family to prioritise their health through regular screening and preventative testing.

Toga Laboratories

Accurate Results. Trusted Decisions.

Frida Kahlo

At the end of the day, we can endure much more than we think we can.

Michelle Obama

There is no limit to what we, as women,can accomplish.

Eleanor Roosevelt

A woman is like a teabag.
You never know how strong she is until she gets in hot water



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