



FREE GUIDE

Women 30 to 39

Iron, thyroid, cholesterol and vitamin D: the numbers that matter in your 30s.

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Blood tests for women from 30 to 39

Low iron and a slow thyroid are more common in women, and their signs look like many other things. A blood test shows the numbers, so you and your GP can act on them.

It can

- ✓ Show your iron stores, even before anaemia shows
- ✓ Show how your thyroid is working, with TSH and T4
- ✓ Give you a baseline for cholesterol, blood sugar and vitamin D

It cannot

- ✗ Explain tiredness, weight gain or hair loss by itself: iron and thyroid are factors among many
- ✗ Show your fertility: if you are planning a baby, see that group
- ✗ Tell you to take iron: supplements without a measured lack are your GP's call

WHY IT MATTERS

01

Low iron is most common in women before the menopause

Heavy periods and pregnancy are very common causes. Low iron can matter before anaemia shows, and your GP will often ask for a blood test if your periods are heavy. ^[1, 2, 3, 4]

02

A slow thyroid is more common in women, and often starts between 30 and 50

In a 20 year UK study, women had 3.5 new cases per 1,000 a year, against 0.6 in men. The symptoms look like many other things; a TSH and T4 blood test shows how your thyroid is working. ^[5, 6]

03

High cholesterol gives no symptoms, and some of it runs in families

The only way to know your level is a blood test. About 1 in 250 people have a type of high cholesterol that runs in families. ^[7, 8]

WHY IT MATTERS

04

Low vitamin D is common in UK winters

From October to early March, sunlight in the UK is not enough to make vitamin D. In a UK winter study, 22 of 30 healthy adults were under 50 nmol/L.^[9, 10]

05

Type 2 diabetes can start early, often without symptoms

The NHS lists a higher risk from 25 for people of South Asian, Chinese, Black African or Black Caribbean background, and says not everyone has symptoms.^[11]

What usually makes sense, and when to repeat it

TEST	WHY	WHEN TO REPEAT
Ferritin and full blood count	Low iron is common before the menopause, especially with heavy periods. Ferritin shows your stores; the blood count shows anaemia. ^[1, 2, 3, 4]	If low, as your GP advises.
TSH and free T4 (thyroid)	An underactive thyroid is more common in women and often starts between 30 and 50. Its symptoms can look like many other things. ^[5, 6]	If you have symptoms, or as your GP advises.
Cholesterol profile	High cholesterol does not usually cause symptoms, and about 1 in 250 people have a type that runs in families. ^[7, 8, 12]	As your GP advises. The NHS Health Check starts at 40, every 5 years.
HbA1c (average blood sugar)	Type 2 diabetes can start from 25 in some ethnic groups, often without symptoms. ^[11]	As your GP advises.
Vitamin D, 25(OH)D	From October to early March, UK sunlight is not enough to make vitamin D. Late winter shows your lowest level. ^[9, 10, 13]	Once in late winter.
Vitamin B12 (vegan or strict vegetarian diet)	A vegan diet without B12 supplements is a known cause of low B12. ^[14]	Once a year on a vegan diet.
Sexual health screen	Most people with chlamydia have no symptoms. The NHS suggests a test once a year or with a new partner. ^[15]	Once a year, or with a new partner.

What to do with your result

Your result arrives in your account, with reference ranges. A value outside the range, or a symptom with a normal result, is a conversation with your GP: treatment and supplements are their call. Repeat the same test later to compare.

SOURCES

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14. NHS. Vitamin B12 or folate deficiency anaemia: causes. nhs.uk. 2026. <https://www.nhs.uk/conditions/vitamin-b12-or-folate-deficiency-anaemia/causes/>
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Scan for the full page, the tests that cover these markers, a short video and the guided check-up.

bpr.clinic/blood-tests/for/women-30-39

General information, not personal medical advice. Talk to your GP about your own situation. Questions: hello@bpr.clinic or message us in the BPR app.

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