

Doctor Conversation Guide

How to request longevity tests, discuss HRT, and navigate medical conversations

How to Talk to Your Doctor About Longevity

Most doctors are trained in disease treatment, not prevention optimization. This guide helps you frame longevity-focused requests in language that works within standard medical practice.

BEFORE YOUR APPOINTMENT

- Prepared a list of specific tests I want ordered (use Bloodwork Checklist)
- Written down my current supplements and doses
- Listed any symptoms or concerns
- Brought previous lab results for comparison
- Identified 2-3 specific questions I need answered

HOW TO REQUEST SPECIFIC TESTS

If your doctor pushes back on ordering longevity-focused tests, try these approaches:

- **Fasting insulin:** "I have a family history of metabolic disease and want to screen early. Can we add fasting insulin to my metabolic panel?"
- **ApoB:** "I understand ApoB is a better predictor of cardiovascular risk than standard LDL. Can we include it in my lipid panel?"
- **hs-CRP:** "I would like to screen for systemic inflammation as part of my cardiovascular risk assessment."
- **Vitamin D:** "I would like to check my vitamin D level to ensure I am in the optimal range for bone health."
- **DEXA scan:** "I have risk factors for osteoporosis and would like a baseline DEXA scan." (If under 65, mention family history or hormonal factors)
- **Hormone panel:** "I am experiencing symptoms consistent with hormonal changes and would like a comprehensive panel."

IF YOUR DOCTOR SAYS NO

- Ask them to document the refusal in your chart — this often changes the answer
- Request a referral to an endocrinologist or preventive medicine specialist
- Consider direct-to-consumer labs (Quest, LabCorp, Ulta Lab Tests) — you can order many tests yourself
- Seek a provider trained in preventive or functional medicine

DISCUSSING HRT (WOMEN)

- "I would like to discuss hormone replacement therapy based on current NAMS guidelines."
- "I understand the timing hypothesis — I am within the recommended window for initiation."
- "Can we discuss transdermal estradiol with micronized progesterone specifically?"

- Bring your HRT Decision Framework results from iqhealthspan.com

QUESTIONS TO ASK

- "What are my results compared to optimal ranges, not just standard normal?"
- "What is my calculated 10-year cardiovascular risk (ASCVD score)?"
- "Are there any trends in my labs that concern you?"
- "What lifestyle modifications would you prioritize based on my results?"
- "When should I retest to see if my interventions are working?"

Medical Disclaimer: This document is for educational purposes only and does not constitute medical advice. Consult a qualified healthcare provider before making changes to your health regimen. Visit iqhealthspan.com for the full interactive versions of these tools.