

How do I know if I have Insulin Resistance or NOT

As I mentioned, many medical professionals are unaware of how common insulin resistance is, the problems it can cause, and, most importantly, how to identify it. So even if your doctor has never brought it up, you may not be out of the woods.

To get a sense of your risk level, answer the questions:

	Yes	No
Do you have more fat around your belly than you'd Like?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a family history of heart disease?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high level of blood triglycerides?	<input type="checkbox"/>	<input type="checkbox"/>
Do you retain water easily?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have patches of darker coloured skin or little bumps of skin ("skin tags") at your neck, armpits, or other areas?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a family member with insulin resistance or type 2 diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have polycystic ovarian syndrome (PCOS; for women) or erectile dysfunction (for men)?	<input type="checkbox"/>	<input type="checkbox"/>

- All these questions reveal some connection to insulin resistance. If you answered "yes" to one question, you likely have insulin resistance. If you answered "yes" to any two questions (or more), you most certainly have insulin resistance.



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