

Insulin resistance is a condition where the body's cells do not respond properly to insulin, a hormone that helps regulate blood sugar levels. This can lead to high blood sugar and is often associated with obesity, particularly around the waist, and other health issues like heart disease and type 2 diabetes.

Insulin Resistance Symptoms

Common symptoms of insulin resistance include frequent urination, increased thirst, and fatigue. You might also notice blurred vision, slow-healing sores, and unexplained weight gain. Some people experience dark, velvety patches of skin called acanthosis nigricans, especially around the neck and armpits.

Diagnosis

Doctors diagnose insulin resistance through blood tests that measure fasting glucose and insulin levels. A common test is the HbA1c test, which shows average blood sugar levels over the past three months. Another test is the oral glucose tolerance test (OGTT), where you drink a sugary liquid and your blood sugar is measured at intervals. The presence of acanthosis nigricans (Acanthosis Nigracans) on the skin is also a strong indicator. Your doctor will also check for other conditions like high blood pressure and cholesterol.

Insulin Resistance Acanthosis Nigracans Symptoms Diagnosis Treatment

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