

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, including fasting blood sugar, oral glucose tolerance tests, and HbA1c. They also look for signs of acanthosis nigricans. Insulin resistance (Insulin Resistance) is often linked to metabolic syndrome, a cluster of conditions including high blood pressure, high cholesterol, and high blood sugar. Lifestyle changes like diet and exercise are key to managing it, and sometimes medication is needed. Acanthosis Nigricans is a skin condition that can be a sign of insulin resistance.

Insulin Resistance Acanthosis Nigricans Symptoms Diagnosis Treatment

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