

DO YOU HAVE INSULIN RESISTANCE?

Affecting about 1/3rd of the US population, the diagnosis of insulin resistance is fairly simple. Place a check any item that applies to you:

- Do you have a family history of diabetes, being overweight, abnormal cholesterol or triglycerides, high blood pressure or heart disease?
- Do you crave sugary or starchy foods frequently or feel you are addicted to carbohydrates?
- Is it difficult for you to lose weight, especially around your middle?
- Is your waist over 36 inches in women or 40 inches in men?
- Do you experience shakiness, difficulty thinking, or headaches (often in the afternoon) that go away after you eat?
- Are you ten pounds or more over what from “ideal” weight?
- Do you exercise fewer than two times per week?
- Do you have high blood pressure?
- Do you have high triglycerides and low HDL cholesterol?
- Do you have polycystic ovary syndrome?
- Have you ever experienced skin tags or acanthosis skin changes – velvety, mossy, flat, wart-like darkened or thickened skin on your neck or armpits or underneath your breasts?

Your Score: _____

Insulin Resistance

Insulin is the key hormone for glucose metabolism, fat gain and loss. After you eat carbohydrates, your blood sugar levels will increase. It is the insulin’s job to push the glucose into the cells where it is used for energy or stored for future needs as fat. Insulin also helps muscles, fat and liver cells store sugar that can be released when it is needed. Each cell surface has insulin receptors which act like little doors that open and close to regulate the amount of blood sugar allowed to flow in. If the body takes in too much simple sugars found in carbohydrates (like white breads, potatoes, sugary drinks etc), the cells are bombarded with so much insulin that the “doors” begin to malfunction and shut down. If the doors aren’t open, the pancreas feels the need to produce even more insulin to push into the cells because it cannot perform its function to lower sugar levels tending to leave the insulin floating in the blood stream. A vicious cycle is now in place resulting in a condition called **Insulin resistance** which inhibits our fat cells from giving up their stores of energy to let you lose weight. This is called **metabolic starvation**” as your own fat stores are “locked” due to insulin resistance and unable to give the fat back when you need it despite having the stores.

Metabolic Syndrome is a cluster of conditions including elevated blood pressure, high blood sugar levels, excess body fat, especially “belly fat”, or abnormal cholesterol levels, large waist; which, when they occur together, increase your risk of heart disease, stroke and diabetes.

If you have metabolic syndrome or any of the components of metabolic syndrome, aggressive lifestyle changes can delay or even prevent the development of many serious health problems.

If you answered yes to three or more of these questions, you are likely insulin resistant. The more yes answers you gave, the more likely you are to have insulin resistance and the greater your risk is of developing health problems, such as type 2 diabetes and cardiovascular disease. We may be able to help. Call us today at **215-676-2334** for a consultation with a well trained medical Bariatric Medicine Physician. **Your wellness is our mission!**

About Us

Located on the Second Floor at 1718 Welsh Road, in Northeast Philadelphia, PA 19115, **Poly-Tech Sleep Services** is a state of the art; American Academy of Sleep Medicine (AASM) accredited sleep diagnostic and wellness center. Call **215-676-2334** to set up a consultation today with our board certified Physician! **Most health insurances are accepted.**

Sleep Testing Services

- Comprehensive consultation with our Board Certified Sleep Physician
- Routine Overnight Polysomnogram
- CPAP, BiPAP & ASV Titration Studies
- Multiple Sleep Latency and Multiple Wakefulness Testing



A W8MD Wellness Center

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