



Functional Nutrition Working Group Newsletter

January 2023

Assessing Insulin Resistance in Your Patients

What is Insulin Resistance (IR)?

- Decreased metabolic response to insulin which is thought to precede Type II Diabetes by 10-15 years
- The pancreas has to work harder to clear glucose from the blood
- Associated with overweight and increased systemic inflammation
- IR is associated with back pain, neck pain, knee pain, and other chronic health conditions such as erectile dysfunction, PCOS, vascular damage in aging, Alzheimer's disease, and chronic kidney disease

An Easy IR Assessment

- Request "Fasting Glucose" and "Fasting Insulin" on a blood panel
- Multiply the Fasting Glucose by the Fasting Insulin Result and divide the result by 405; this is the HOMA-IR
- If HOMA-IR is 1.5-3.0, IR is mild to moderate
- If HOMA-IR is >3.0, IR is severe

Other IR Assessments:

- Triglycerides >150
- Triglycerides > 2x the HDL
- Postprandial glucose >140
- Fasting Insulin >8.0 (an easy and commonly overlooked method!)

Next Month: How to Help Your Patients Suffering with Insulin Resistance

Webinars Available On-Demand

INFECTION & INFECTIOUS DISEASE PART 1

PCA MEMBER \$24
NON MEMBER \$32
1 CE

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Dr. Gregory Gray

Overview of Micro-Organisms, Beginning with Bacteria Species - Including Types, Treatment, and Recognition, Co-Infections Commonly Seen, How to Identify and Common Applications.

Available Now

INFECTION & INFECTIOUS DISEASE PART 2

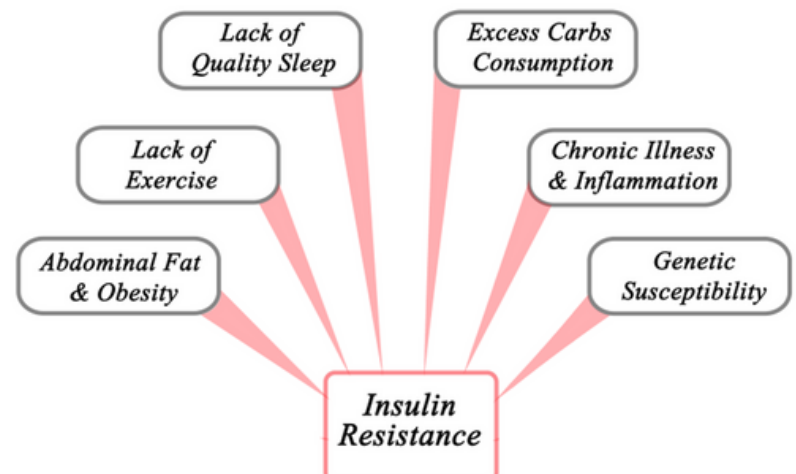
PCA MEMBER \$24
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Dr. Gregory Gray

Overview of Fungal Diseases Including Common Types and Treatment Options, Parasitic Infections with Treatment and Recognition and Associations Among All 4 Types of Infections in Parts 1 and 2.

Available 2/1



Reference Cited: Freeman AM, Pennings N. Insulin Resistance. In: StatPearls. StatPearls Publishing; 2022.

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