Are You Insulin Resistant?

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Article published on November 30th 2011 | Health

Insulin resistance is a physiological condition in which insulin becomes less effective in lowering the blood sugar level. It raises the blood glucose level that leaves adverse effects on the body. In this condition the body cells becomes resistant to insulin.

Insulin is a hormone that controls the glucose level in our blood.Our body cells use insulin to get glucose. Without insulin, our body cells cannot change glucose into energy. By understanding insulin resistance facts the problem can be understand in a better way as these facts describes about prevention, cure and symptoms etc.Many factors play vital role behind the resistance of the insulin such as obesity, pregnancy, metabolic syndrome, stress etc. These are just few factors that can trigger the problem. This problem is also associated with diabetes mellitus type 2.

Insulin resistance shows many visible symptoms but still itâ€™s very difficult for a person to find the problem himself. It shows symptoms such as:

â€¢ Fatigue: Most of the people feel tired especially in morning or afternoon while some feel exhausted throughout the day.

â€¢ High blood sugar

â€¢ Sleepiness

â€¢ Brain fogginess

â€¢ Depression

â€¢ Weight gain and difficulty in losing weight

â€¢ Increased blood triglyceride levels

There are many conditions whichare found responsible for causing the problem although these are not clearly responsible but may be a cause of insulin resistance in the body. These are

â€¢ Genetic factors: if anybody in the family has suffered from diabetes then there are quite higher chances of getting affected.

â€¢ History of gestational diabetes

â€¢ Psychological conditions such as stress, depression etc.

â€¢ Environmental factors

â€¢ Sedentary lifestyle

â€¢ Poor eating habits

â€¢ Lack of physical exercise

â€¢ Tobacco smoking

â€¢ Alcohol

â€¢ Pregnancy

Insulin resistance facts help a lot in providing enough information for the prevention of the problem. Insulin resistance can coexist with obesity. This problem can lead to the imbalance in the hormonal level. High level of insulin indicates pancreas to stop producing insulin. It leads toa lack of insulin in the body. Itincreases the glucose level and the glucose is not used as energy.

The common symptom of hormonal imbalance is skin tags. These tags seem like hanging from the skin. It shows other symptoms like fatty liver, polycystic ovarian disease, arteriosclerosis and other reproductive abnormities in women.

In the initial stage of the disorder, itâ€™s very difficult to predict so it remains unpredicted for years, it leads to the severity of the problem. Insulin resistance facts must be known to everyone to get prevented from the problems. It helps to spread awareness among people about the ailment. These facts describes about symptoms, causes and thorough information about the problem. It is a chronic condition, once it happen then it becomes very difficult to control so preventive measures must be taken on the right time.

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Article Keywords:
insulin resistance facts, medical animation, insulin resistance, insulin resistance animated video

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