

Cardio IQ® Insulin Resistance Panel with Score

Insulin is a hormone that is produced and stored in the beta cells of the pancreas. When blood glucose becomes elevated after a meal, insulin is secreted and is vital for the transportation and storage of glucose, the body's main source of energy. Insulin helps transport glucose from the blood to within cells, regulating the blood glucose levels.

Insulin resistance (IR) is a metabolic condition that occurs when cells become less sensitive to insulin's stimulation to absorb glucose from the bloodstream. The Insulin Resistance Panel with Score estimates the probability that an individual currently has IR.

What happens when you have insulin resistance?

If your body's cells are less sensitive to insulin, then less glucose is transported from the blood into cells.

- Blood glucose levels remain high but your cells "starve."
- Your pancreas compensates by producing more insulin to try to move more glucose into cells.
- In most cases, your pancreas is able to keep pace with the need for extra insulin for many years. Most people with insulin resistance do not develop diabetes.
- In some cases, the pancreas eventually can't keep up with demand and blood glucose continues to rise, causing type 2 diabetes.

IR can lead to prediabetes and type 2 diabetes mellitus (DM). Early recognition and intervention can help reverse IR or prevent progression and thereby reduce the risk of conditions such as hypertension, stroke, cardiovascular disease, nonalcoholic fatty liver disease, polycystic ovary syndrome, and certain forms of cancer.

What is diabetes?

Diabetes is a disorder associated with high glucose levels and decreased insulin effects which can be a life-threatening condition. People with type 1 diabetes produce very little insulin and so eventually require insulin supplementation therapy. Type 2 diabetes is generally related to insulin resistance, which increases with time.

What conditions are associated with Insulin Resistance?

While IR can present in people with normal glucose levels, IR occurs primarily with the following conditions:

- Overweight/obese
- Central obesity
- Family history of diabetes
- History of gestational diabetes
- Hypertension
- Acanthosis nigricans

What should I do if the results are abnormal?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate course of action.

If your results were high: An elevated score is a sign that you could have IR. Please review your test results with your healthcare provider.

What other resources are available to learn more about my health and laboratory tests?

- American Diabetes Association: diabetes.org
- Lab Tests Online: labtestsonline.org
- Healthline: healthline.com

DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.

Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.

FASTING REQUIRED

Fasting is required for a comprehensive metabolic panel and early morning collection is preferred. Please DO NOT eat or drink anything except water for 8-12 hours before your test. DO NOT stop taking your prescription medications. If your healthcare provider advised you to take your medication with food, consult with your healthcare provider before fasting.



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