

If you answer yes to more than 2 of the questions below, insulin resistance may be a problem

- |     |    |  |
|-----|----|--|
| Yes | No | I gain weight specifically around my abdomen                               |
| Yes | No | I gain weight easily, even from small increases in food                    |
| Yes | No | It is difficult to lose weight - despite working hard at diet and exercise |
| Yes | No | I have dark pigmentation under my arms, or at the back of my neck          |
| Yes | No | I have skin tags or small bumps on my skin on my neck, chest or underarms  |
| Yes | No | I have high triglycerides  |
| Yes | No | I have trouble telling when I am hungry or full                            |
| Yes | No | I crave sugar and carbohydrates  |

**Fasting insulin** (ideal level is < 50 pmol/L)

**hs-CRP** (inflammation marker ideal level is < 2)

**2 hour Insulin glucose challenge**

This is **NOT** the oral glucose tolerance test!

**Waist-height circumference**

Waist - height ratio is an accurate marker of insulin resistance. Basically divide your waist measurement by your height, it should be less than 0.5

The quiz is a surprisingly helpful indicator that there may be a problem with insulin resistance. You can always get in touch with us if you'd like to arrange one of the tests above, however.



[Book Appointment Online](#)

## General info and some further resources

Insulin resistance blocks fat burning, disrupts hormones and causes inflammation. It is at the center of many concerns that impact women such as PCOS, Hypothyroidism, Infertility, and Weight Loss Resistance.

Fortunately, there are reliable ways to identify insulin resistance once you know what to look for.

Once insulin resistance is addressed, many women are able to over-come frustrating hormonal issues they have struggled with for years.

If you would like to read more about insulin resistance, we've created a free resource collection of articles on our site that focus more on this topic.

[See Our Articles On Insulin Resistance](#)

