VITALS VAULT

FREE GUIDE

Insulin Resistance
Early Signs

Insulin resistance can build for years before glucose looks abnormal. Use this sheet to note signs and numbers and take questions to a clinician.

SIGNS THE SOURCE LISTS: TICK ANY YOU NOTICE

- ☐ Dark patches of skin
- ☐ Trouble concentrating
- ☐ Often hungry
- ☐ Low energy
- ☐ High cholesterol on labs
- ☐ High blood pressure
- ☐ Weight gain around the belly

NUMBERS TO LOOK UP ON PAST LABS

Number	From the source	Mine
Waist size	One study linked triglycerides to insulin above 102 cm (men) or 85 cm (women).	
Fasting triglycerides	In one cohort, 187 mg/dL or more went with 4 times the diabetes risk of under 120.	
Fasting glucose	Reflects how much glucose the liver puts out.	
2-hour glucose	Reflects how well tissues take glucose up.	

WHY ONE TEST IS NOT ENOUGH

The glucose tolerance test cannot separate weak insulin release from tissue resistance, and A1c and fasting glucose are even less sensitive. In 7,412 US adults, the three tests agreed only partly. These signs are not specific.

QUESTIONS TO ASK

- ☐ Do my signs and numbers fit insulin resistance, or could something else explain them?
- ☐ Should fasting insulin or a glucose tolerance test with insulin be considered?
- ☐ How often should my glucose markers be rechecked?
- ☐ Does my family history change which tests make sense?

Sources: Tucker 2020 (7,412 US adults); Riediger 2017. Single-study cut-offs; signs are not specific. Not a diagnosis.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com