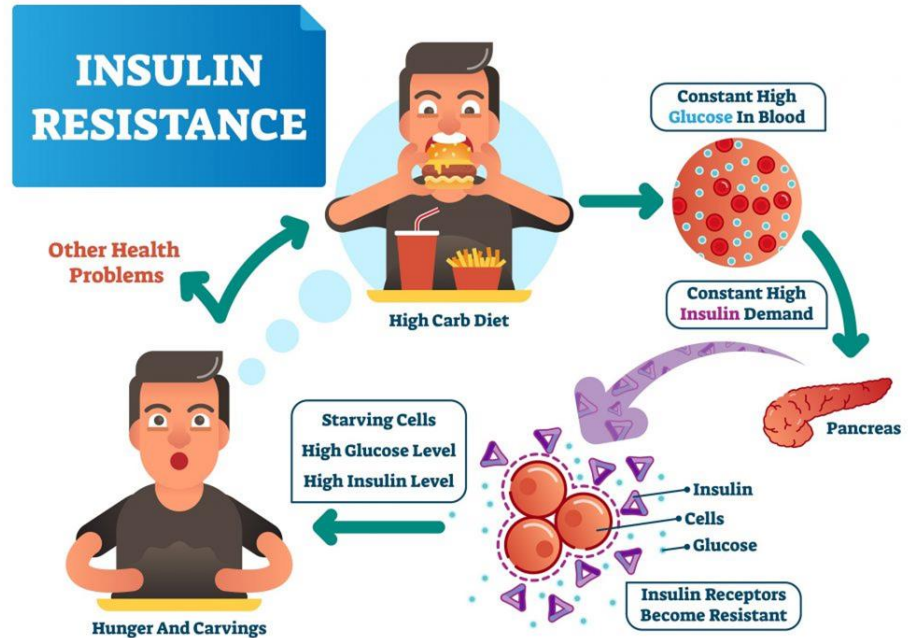


Insulin Resistance & Type 2 Diabetes

Why is Prevention of Insulin Resistance Important?

Insulin, a hormone that the pancreas makes, regulate blood sugar (glucose) in the body. Glucose enters blood cells in muscles, liver, and fat for energy. When these cells are unable to use insulin effectively, blood sugar increases potentially leading to Type 2 diabetes and other chronic conditions.



What is Insulin Resistance?

Insulin resistance is a condition when cells in your muscles, liver and fat do not respond well to insulin, and cannot use glucose from your blood for energy. Over time, this causes elevated blood sugar, leading to Type 2 diabetes and cardiovascular disease, due to damage in the arteries.

Prevention & Awareness

- Moderate exercise, such as yoga or aerobic exercise, for 30 minutes a day 5 times a week can significantly reduce blood sugar levels
- Eat a healthy diet, consisting of whole grains, fruits and vegetables, and lean meat
- Monitor blood sugar with regular check-ups with your doctor, and daily exercise and healthy eating
- 10% of overweight and obese diabetic patients can reduce A1c% to 0.81%, which shows that weight loss can help reduce blood sugar

Blood Test Level For Diabetes and Pre-Diabetes

	<u>Hemoglobin A1c (%)</u>	<u>Fasting Blood Glucose Test (mg/dL)</u>	<u>Impaired Glucose Tolerance Test</u>
Diabetes	6.5 or higher	126 or higher	200 or higher
Pre-Diabetes	5.7 - 6.4	100 - 125	140 - 199
Normal	~5	99 or below	139 or below



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