



HEALTH RECORD INSULIN RESISTANCE

Insulin is a hormone produced by the pancreas that allows glucose to enter cells to be used as an energy source. When cells become less sensitive to its action, the pancreas compensates by producing more insulin.

Symptoms

Insulin resistance is often asymptomatic.

However, it can be associated with:

- ✓ Fatigue after meals
- ✓ Sugar cravings
- ✓ Difficulty losing weight
- ✓ Abdominal fat
- ✓ Drowsiness after meals
- ✓ Increased waist circumference
- ✓ Acanthosis nigricans (darkening of certain areas of the skin) in some people

Risk factors

- Excess abdominal fat
- Sedentary lifestyle
- Diet high in ultra-processed foods
- Family history
- SOPK
- Metabolic syndrome
- Lack of sleep

Conventional treatments

There is no specific treatment for insulin resistance. Management relies primarily on lifestyle modifications and, in some cases, medication prescribed by a doctor.

Complementary approaches

A suitable diet, regular physical activity (especially muscle strengthening), quality sleep and better stress management can help improve insulin sensitivity.

When to consult a doctor?

In cases of abdominal weight gain, persistent fatigue, a family history of diabetes, PCOS, or if biological tests suggest an abnormality in carbohydrate metabolism.

Bellis Wellness Clinic Approach

We conduct a comprehensive assessment of dietary habits, lifestyle and metabolic factors in order to offer personalized support aimed at improving insulin sensitivity and supporting metabolic health, always in addition to medical monitoring.

