

## How do you know if your insulin resistance is improving?

You can do some blood tests to look for insulin resistance. So you can check fasting insulin for example, fasting glucose, as well as hemoglobin A1C. So those are all measures used for diagnosing type 2 diabetes, which is really a disease of increased insulin resistance. So those are all easily available, and any standard lab can do those tests. The other key measures to look for is the waist circumference. So more than the body weight itself, the waist circumference is a very big risk factor for future heart disease.

The ideal rule of thumb for the waist conference is you want to keep it to about half of your height. So for example if you are 5'10", which is 70 inches tall, then you want to have a waist circumference which is measured around your belly button of 35 inches or less. So half your height. Keep in mind this is not exactly your pant size, because some people who have a big belly, they will put their belts down a little bit. So you do have to measure it at the level of your belly button. Those are the main measures. Sometimes it's very difficult to tell if there is improvement, if you're already fairly close to normal. But on the other hand, a simple blood test is generally enough to tell you that.