Insulin Resistance Levels Chart

INSULIN RESISTANCE LEVELS CHART

Note: Insulin Resistance Levels Chart would require specific reference ranges provided by a laboratory or medical institution, as they can vary depending on the testing method and established standards.

Age Group Reference Ranges: 20-30: Normal 2.6-10.6 µIU/mL, Elevated >10.6 31-40: Normal 2.6-10.6 µIU/mL, Elevated >10.6 41-50: Normal 2.6-10.6 µIU/mL, Elevated >10.6 51-60: Normal 2.6-10.6 µIU/mL, Elevated >10.6 61-70: Normal 2.6-10.6 µIU/mL, Elevated >10.6 71 and above: Normal 2.6-10.6 µIU/mL, Elevated >10.6

Factors Affecting Insulin Resistance: Age: Increases Weight: Increases with increasing weight and waist circumference Physical activity: Decreases with regular physical activity Diet: A diet high in processed foods, sugary drinks, and unhealthy fats can increase insulin resistance Family history: People with a family history of type 2 diabetes or other metabolic disorders are more likely to develop insulin resistance Medical conditions: Certain medical conditions, such as polycystic ovary syndrome (PCOS) and Cushing's syndrome, can also increase insulin resistance

Patient Name: _____ **Age:** _____

Date Tested: _____ dd / mm / yyyy **Results:** _____

Interpretation

Clinical Insights

Dietary Recommendations

Progress Tracking Date 1: _____ dd / mm / yyyy

Progress 1

Progress Tracking Date 2: _____ dd / mm / yyyy

Progress 2

Progress Tracking Date 3: _____ dd / mm / yyyy

Progress 3

Progress Tracking Date 4: _____ dd / mm / yyyy

Progress 4

Notes and Recommendations