



## **Functions of Insulin**

- Regulates blood sugar levels
- Promotes the uptake of glucose into cells
- Inhibits the breakdown of glycogen in the liver
- Promotes the storage of glucose in the liver and muscles
- Regulates the breakdown of carbohydrates, proteins, and fats

## **Effects of Insulin**

- Lowers blood sugar levels
- Increases the uptake of glucose into cells
- Decreases the breakdown of glycogen in the liver
- Increases the storage of glucose in the liver and muscles
- Promotes the breakdown of carbohydrates, proteins, and fats

## **Insulin Resistance**

Insulin resistance is a condition in which the body does not respond normally to insulin. This can lead to high blood sugar levels and eventually to type 2 diabetes.

There are a number of factors that can contribute to insulin resistance, including:

- Obesity
- Lack of physical activity

- Certain medications
- Certain medical conditions, such as Cushing's syndrome and polycystic ovary syndrome

## **Diabetes**

Diabetes is a chronic disease that affects the way the body uses glucose. There are two main types of diabetes: type 1 and type 2.

Type 1 diabetes is an autoimmune disease in which the body's immune system attacks and destroys the beta cells of the pancreas. This leads to a complete lack of insulin production.

Type 2 diabetes is a more common type of diabetes that is caused by insulin resistance. In type 2 diabetes, the body does not produce enough insulin or does not use insulin effectively.

Both type 1 and type 2 diabetes can lead to high blood sugar levels, which can damage the blood vessels and organs over time.

## **Treatment for Insulin Resistance and Diabetes**

The treatment for insulin resistance and diabetes depends on the underlying cause.

For insulin resistance, treatment may include:

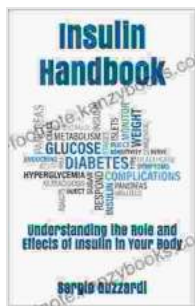
- Weight loss
- Physical activity
- Certain medications

For type 1 diabetes, treatment includes insulin therapy. Insulin therapy can be given in a variety of ways, including injections, pumps, and inhalers.

For type 2 diabetes, treatment may include:

- Weight loss
- Physical activity
- Certain medications
- Insulin therapy

Insulin is a hormone that plays a vital role in regulating blood sugar levels. Insulin resistance and diabetes are two conditions that can affect insulin function. Treatment for insulin resistance and diabetes depends on the underlying cause.



## Insulin Handbook: Understanding the Role and Effects of Insulin in Your Body by Sergio Guzzardi

★★★★☆ 4.5 out of 5

Language : English  
File size : 1102 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 29 pages  
Lending : Enabled





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