



# INSULIN RESISTANCE CHECKLIST

- Unexpected weight gain
- Dark velvety skin in creases (acanthosis nigricans)
- Bump behind neck (dorsocervical fat pad)
- Any of the following:
  - MIGRAINE HEADACHES
  - CARB CRAVING or HUNGER even after eating
  - TIREDNESS during the day even when you have gotten sleep
  - NAUSEA, especially in the morning
  - If have uterus and ovaries: IRREGULAR PERIODS, ACNE, HAIR in places you don't want, or hair that falls out around your temples or part
  - High blood pressure
- Any of the following blood test results:
  - Elevated triglycerides and/or low HDL
  - Elevated AST and ALT (liver function tests)
  - Mildly elevated TSH (have been told your thyroid is slightly off)
  - Low SHBG
  - Females: LH 3x higher than FSH, elevated total or free testosterone
  - Elevated Hemoglobin A1c

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- Tiny birth weight (Small for Gestational Age)
  - Mom with diabetes/PCOS when pregnant with you
  - Early puberty or in puberty
  - Interrupted sleep
  - Medications known to cause insulin resistance
  - Untreated inflammation
  - Family with Type 2 Diabetes or Prediabetes, PCOS, Obesity
  - Eating foods with lots of added sugar, high fructose corn syrup
  - Stress/Anxiety