



## INSULIN RESISTANCE INDEX - Test Code 1109



Turnaround Time: 1-2 business days



Specimen Type: 1 x SST tube & 1x FIOx tube

### Description

The Insulin Resistance Index (IRI) measures how effectively the body utilises insulin, a hormone essential for regulating blood glucose levels. Insulin resistance occurs when the body's cells fail to respond adequately to insulin, leading to elevated blood sugar levels. This condition is a significant risk factor for type 2 diabetes, metabolic syndrome, and cardiovascular diseases (Lee et al., 2022). By assessing insulin resistance, healthcare providers can identify at-risk individuals and implement preventive strategies or treatment plans. Monitoring insulin levels alongside glucose levels helps provide a comprehensive view of metabolic health (Lee et al., 2022).

When insulin resistance develops, muscle and adipose tissues require progressively larger amounts of insulin to move glucose from the bloodstream, leading to an increased demand for insulin production by the pancreas to maintain normal blood glucose levels (Lee et al., 2022). Over time, as insulin resistance worsens, pancreatic cells become unable to produce the necessary amounts of insulin, resulting in elevated fasting glucose levels. This situation is reflected in rising HOMA scores (Lee et al., 2022). Insulin resistance affects both the body's endogenous insulin production and the response to exogenous insulin administered through injections (Lee et al., 2022).

### Whats included?

- Fasting Glucose
- Insulin
- HOMA-IR score

### Conditions and Symptoms

- A family history of diabetes
- Stress or high cortisol
- Fatigue
- Increased hunger
- Weight gain
- Frequent urination
- High cholesterol or triglycerides

### Complementary Testing

- Glycosylated Haemoglobin (HbA1c) (Test code 6006)
- Cardiovascular Profile- Comprehensive 2 (Test code 4027)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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\*See NATA and CLIA website for further details