



Insulin resistance leads to increased insulin levels in the blood

The task of insulin is to transport sugar into the cells. There, sugar is needed as an energy supplier. In insulin resistance, there is a disturbance in the transfer of sugar into the cell and too little sugar is absorbed into the cell for energy supply. Compensatory, the production of insulin in the pancreas is now increased in order to maintain sugar utilization. This results in increased insulin levels in the blood (hyperinsulinemia).

High insulin levels increase the blood level of male hormones. This is done by the insulin effects on the ovaries, the pituitary gland and on liver metabolism.

With insulin resistance, diet errors are pre-programmed

Often insulin resistance is associated with obesity. Craving attacks with high insulin and low blood sugar is the result, which does not make it easier to adhere to diets.

Insulin resistance leads to cycle disturbances

Polycystic ovarian syndrome (PCOS, ovaries = ovaries, cystic = consisting of several cysts) is one of the most common hormonal diseases in sexually mature women.

PCOS is characterized by cycle disorders and an increase in male hormones in the blood; in about 70% of cases, the classic polycystic ovaries are also found. The typical changes in appearance (increased body hair, acne, hair loss, obesity) have significant effects on the psychosocial level with massive limitations in the area of quality of life, life satisfaction and sexuality.

Insulin resistance promotes the development of metabolic syndrome (high blood pressure, blood lipid increase, diabetes mellitus, etc.).

Therapy of insulin resistance

It is not always the case that insulin resistance is also overweight. In most cases the muscle content is too low (measurable with the bioimpdance analysis). As with weight loss, physical activity with building muscle tissue is the key to overcoming increased insulin levels.

Disorders of menstrual bleeding and cosmetic problems can be treated well with ovulation inhibitors (anti-baby pills). One of the latest ways in the treatment of PCO is the use of insulin-lowering drugs (metformin).

... and if you want to have a child?

In many women, stimulation treatment is performed due to the unfulfilled desire to have children. In the event of pregnancy, an increased rate of miscarriage and gestational diabetes must be expected. Insulin-lowering drugs can also be used as a preventive measure when wishing to have children.