



Insulin Resistance Risk Checklist

From our episode with Yana Masikhaeva, NP, PRINE Endocrinology

Insulin resistance usually has no symptoms. Many people have it for years before their blood sugar rises enough to be called prediabetes or type 2 diabetes. Check every box that applies to you, then bring this sheet to your next appointment.

Your Body and Numbers

- ☐ I carry extra weight, especially around my waist
- ☐ My blood pressure is 130/80 or higher, or I take blood pressure medicine
- ☐ My triglycerides are high or my HDL ("good") cholesterol is low
- ☐ I've been told my blood sugar or A1C is "borderline" or "a little high"
- ☐ I've been told I have fatty liver

Your Health and Family History

- ☐ A parent, brother or sister has type 2 diabetes
- ☐ I'm 35 or older
- ☐ I had diabetes during pregnancy, or a baby weighing 9 lbs or more
- ☐ I have PCOS (polycystic ovary syndrome)
- ☐ I've taken steroids like prednisone, or certain other medicines, long term
- ☐ My family background is African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander

Your Daily Habits

- ☐ I'm physically active fewer than 3 days a week
- ☐ I sit for most of my day
- ☐ I sleep less than 7 hours most nights, or I snore or have sleep apnea
- ☐ I smoke or vape, or I'm often around secondhand smoke
- ☐ I drink soda, juice or sweetened coffee drinks most days

Signs You May Notice

- ☐ Dark, velvety patches of skin on my neck, armpits or groin
- ☐ Skin tags, especially on my neck or underarms
- ☐ It's hard to lose weight around my middle
- ☐ I feel tired, hungry or foggy soon after meals
- ☐ I have frequent cravings for sweets or carbs

These signs can have other causes too. They are worth mentioning to your provider.

Checked more than one box?

Ask your provider about simple blood tests: an A1C (prediabetes range is 5.7% to 6.4%), a fasting blood sugar (100 to 125 mg/dL), and a cholesterol and triglyceride panel. The good news: insulin resistance often improves with changes in food, movement, sleep and weight. In the Diabetes Prevention Program, losing 5% to 7% of body weight lowered the risk of type 2 diabetes.

Talk with PRINE Endocrinology

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This checklist is for education only and is not a diagnosis. Talk with your health care provider about your personal risk. Sources: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); Centers for Disease Control and Prevention (CDC).