WHAT ARE MY CHANCES OF REVERSING DIABETES?

Timothy J. Arnott, MD Board-certified, Family Medicine

FASTING INSULIN* CRITERIA

- Excellent <5 (i.e., young athletes)</p>
- Healthy Target Range <7</p>
- Increased Risk (e.g., diabetes, cancer, CVD) 10+

*Measurements in uIU/mL

Youngberg, W. Goodbye diabetes. Hart Books: Fallbrook, CA, ©2012, p. 96.

OPTIMAL 2-HOUR INSULIN LEVEL

- Two hours after drinking 50 gm* of glucose, following a 12 hour fast
 - Normal <25
 - Optimal <10
 - Insulin Resistance >25

*The Fresh Test®

Youngberg, W. Goodbye diabetes. Hart Books: Fallbrook, CA, ©2012, p. 96.

WHAT ARE MY CHANCES?

Stimulated* C-peptide Level (nmol/L) – Divide by 2.5 for ng/ml

0

Absolute Insulin Deficiency 0.19 Suggests DM₂, if 3-5 Years from Dx **Marked Insulin Deficiency** Presumed DM₂, if C-peptide at Dx 5% Chance BS Control with LM 50% Chance BS Control with LM 50% Chance BS Control with LM 95% Chance of BS Control with LM

0.21 0.59 1.1 4.9 5 10 10.1 8 6 2 4 10 12

*BS must be >144 mg/dL

Jones, AG. Diabet. Med. 30, 803–817 (2013).

Youngberg, W. Goodbye diabetes. Hart Books: Fallbrook, CA, ©2012, p. 96.