Know what’s ahead—the earlier, the better

Detecting insulin resistance (IR) now can help you and your patients take action to change its course.

The Insulin Resistance Panel with Score offers a simple, accurate, and actionable way to assess IR and help identify prediabetes and diabetes risk.

A routine insulin resistance score validated against the gold standard:

- Validated in a Stanford University study of 535 individuals without diabetes or cardiovascular disease against the insulin suppression test, a gold standard method for the direct measurement of insulin resistance.
- Provides an enhanced assessment of IR through the combined measurement of insulin and C-peptide from a single fasting blood specimen.
- Offers greater discrimination of IR compared to either insulin or C-peptide levels alone and a better assessment of IR status than TG/HDL or HOMA-IR.
- Detects IR and possible risk of prediabetes and diabetes before traditional markers can.

IR can begin 10 years or more before type 2 diabetes is diagnosed.

For patients whose risk factors may not be as evident, Insulin Resistance testing can provide actionable insight.
**Which patients are suitable for testing?**

1. Patients with normal glucose and HbA1c who may be at risk
   - Overweight/obese
   - Central obesity
   - Family history of diabetes
2. Individuals with clinical features associated with IR
   - A history of gestational diabetes mellitus
   - Hypertension
   - Acanthosis nigricans

**An effective counseling tool**

The Insulin Resistance Panel with Score gives you an effective counseling tool for patients who need to make lifestyle changes.

---

**What actions might you consider?**

- Counsel patients on lifestyle changes, such as increasing physical activity, losing weight, and adhering to a healthy diet
- Employ pharmaceutical interventions that increase insulin sensitivity or induce weight loss

The treatment considerations are provided for informational purposes only and are not intended as medical advice. A physician’s test selection and interpretation, diagnosis, and patient management decisions should be based on his/her education, clinical expertise, and assessment of the patient.

---

**References**


**Test Name**

<table>
<thead>
<tr>
<th>Test Name</th>
<th>Patient Preparation</th>
<th>Test Code</th>
<th>CPT Codes*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insulin Resistance Panel with Score</td>
<td>Overnight fasting required</td>
<td>906974</td>
<td>83525, 84681</td>
</tr>
</tbody>
</table>

* The CPT codes provided are based on AMA guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payer being billed.

For more information please contact your Sonora Quest Laboratories Account Manager or visit SonoraQuest.com