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### Pearls to Remember

- Glucose is the simple sugar that is the main source of energy for the body's cells.
- Insulin helps cells take in blood glucose and convert it to energy.
- If you have insulin resistance, your body's cells do not respond well to insulin.
- Insulin resistance is a stepping-stone to type 2 diabetes.
- Lack of exercise and excess weight contribute to insulin resistance.
- Engaging in moderate physical activity and maintaining proper weight can help prevent insulin resistance.
- Insulin resistance plays a role in the development of cardiovascular disease, which damages the heart and blood vessels.
- Controlling blood pressure and LDL cholesterol and not smoking can also help prevent cardiovascular problems.
- The Diabetes Prevention Program confirmed that exercise and a low-calorie, low-fat diet are the best ways to prevent type 2 diabetes.

