HOMA- IR - INSULIN RESISTANCE INDEX

Profile Details | 1 Parameters

Fasting: Overnight fasting for 9-12 hours | Report Time: Same Day

Specimen Required: Blood

Price- ~~₹2500~~ **₹999**

Parameters Included

About This Test

HOMA-IR (Homeostasis Model Assessment of Insulin Resistance) is a method used to estimate insulin resistance, which is a condition where the body's cells do not respond effectively to insulin, leading to elevated blood glucose levels. **Key Points:** - **Calculation:** HOMA-IR is calculated using fasting plasma glucose and fasting insulin levels. The formula is: \[\text{HOMA-IR} = \frac{(\text{Fasting Insulin} \, (\mu U/mL) \times \text{Fasting Glucose} \, (mg/dL))}{405} \] - **Function:** It provides an estimate of how well the body is managing glucose metabolism and insulin sensitivity. Higher values indicate increased insulin resistance. - **Clinical Relevance:** HOMA-IR is used to assess metabolic conditions such as type 2 diabetes, metabolic syndrome, and prediabetes. It helps in evaluating the effectiveness of interventions aimed at improving insulin sensitivity. - **Interpretation:** Normal values vary, but elevated HOMA-IR suggests significant insulin resistance, requiring further investigatio and management strategies to improve metabolic health. The HOMA-IR index is a valuable tool for assessing and managing insulin resistance and related metabolic disorders.

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**Fasting 10–12 hrs essential | *Limited Period Offer | *Reports within Same Day*