

Town of Windsor Locks Health Talk presentation Open to all employees & Public

When: Wednesday June 8th 2022 from 2:00pm-3:00pm

Where: Ella Grasso Conference Room First Floor Town Hall

50 Church Street, Windsor Locks, CT 06096

To register and reserve a seat RSVP to department director/Public: email or call 860-627-1431,

swalker@wlocks.com

Insulin Resistance

Christine Najjar, MD, MS, DABOM

The majority of people today are SICK. A recent study showed 88% of Americans display at least one sign of a damaged metabolism, meaning *their body is struggling to process food*. This process is called Insulin Resistance.

INSULIN RESISTANCE (IR) - Stats and Facts

Real world prospective data supports insulin resistance as the driving root cause of 9 common symptoms that modern medicine labels as diseases.

1. central obesity/abnormal weight gain
 2. type 2 diabetes/preDM
 3. hypertension
 4. dyslipidemia/abnormal cholesterol
 5. vascular disease/heart disease
 6. certain cancers
 7. dementia
 8. Non alcoholic fatty liver disease
 9. polycystic ovarian disease
- People with symptoms of IR have worse COVID outcomes
 - Since the start of the pandemic symptoms of IR have significantly increased, especially in the pediatric population with significant increase in obesity
 - IR does not discriminate against age, BMI, race, sex, gender, or religion. Take it upon yourself to adopt a lifestyle that fosters insulin sensitivity and get evaluated to see where you are on the disease spectrum
 - IR is easy to screen for with questions and blood work
 - IR is completely preventable. These diseases did not exist before modern foods and lifestyle conveniences. Understanding proper human nourishment is critical to preventing these symptoms/diseases.
 - IR can be reversed. The extent of reversibility inversely associated to the extent of disease progression. More advanced IR being less likely to completely reverse.

Insulin Resistance - How did we get here?

- Mini history lesson

Insulin Resistance - What is IR?

Mini science lesson

Lifestyle Rx for Insulin Resistance - How to prevent and fix?

- Nutrition
- Stress Reduction
- Sleep
- Movement
- Support