

Insulin Resistance in PCOS

Did you know that up to 70% of people with PCOS also have insulin resistance — even if they're not diabetic or overweight? This is one of the most important yet most misunderstood parts of PCOS. Let's break it down

What is Insulin Resistance

Insulin is a hormone that helps move sugar (glucose) from your blood into your cells, where it's used for energy.

In insulin resistance, your cells stop responding properly to insulin. So your body keeps making more and more insulin just to get the job done.

When Insulin levels stay high:

- Your ovaries start making more testosterone
- Your blood sugar stays elevated
- You may feel tired after eating carbs
- Fat storage increases (especially around the belly)
- Hormone balance worsens → irregular periods, acne, hair issues

Signs you may have:

- Strong carb or sugar cravings.
- Energy crashes after meals.
- Skin darkening around neck/armpits (acanthosis nigricans).
- Belly fat that's hard to lose.
- Trouble losing weight despite effort.
- Family history of diabetes.

You don't need to have all these signs — just one or two is enough to start paying attention.

The good news is that insulin resistance can be improved — even reversed — with a few targeted changes:

- Choose slow-digesting carbs (whole grains, legumes).
- Prioritize protein at every meal.
- Walk for 10–20 mins after eating.
- Avoid skipping meals (keeps blood sugar stable).
- Sleep well — poor sleep increases insulin resistance!
- Manage stress — cortisol messes with insulin too.
- Some need medication (like metformin or inositol)

Insulin resistance isn't just a side effect — it's a core driver in many forms of PCOS. When insulin levels stay high, it can disrupt ovulation, increase androgen levels, and contribute to the hormonal imbalances many people with PCOS face.

It can feel overwhelming to tackle insulin resistance, especially when symptoms like fatigue, cravings, or weight gain feel out of your control.

But remember: you don't have to do everything at once. Even one small habit — like adding more protein to breakfast or walking after dinner — can start shifting your insulin levels in the right direction.

Healing with PCOS is a journey, not a race. Be kind to your body. It's listening.

Connect with us at Le Nest to start your healing journey today!

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