

# Insulin resistance cut-off established from clamp data

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(HealthDay) -- Cut-offs for predicting insulin resistance based on hyperinsulinemic-euglycemic clamp data and routinely measured clinical and biochemical variables have been determined, according to a study published online April 17 in *Diabetes Care*.

To determine a cut-off point for insulin resistance in a white population, Charmaine S. Tam, Ph.D., from the Louisiana State University System in Baton Rouge, and colleagues analyzed data from hyperinsulinemic-euglycemic clamps (120 mU/m<sup>2</sup> per minute) for 51 individuals with [diabetes](#) and 116 individuals without diabetes.

Using the clamp-derived glucose disposal rate (GDR) as a measure of insulin sensitivity, the researchers found that true insulin resistance was

present in 75 percent of individuals with a GDR of 5.9 or >2.8 but

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