

# **WHAT ARE MY CHANCES OF REVERSING DIABETES?**

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# FASTING INSULIN\* CRITERIA

- **Excellent** - <5 (i.e., young athletes)
- **Healthy Target Range** - <7
- **Increased Risk** (e.g., diabetes, cancer, CVD) – 10+

\*Measurements in uIU/mL

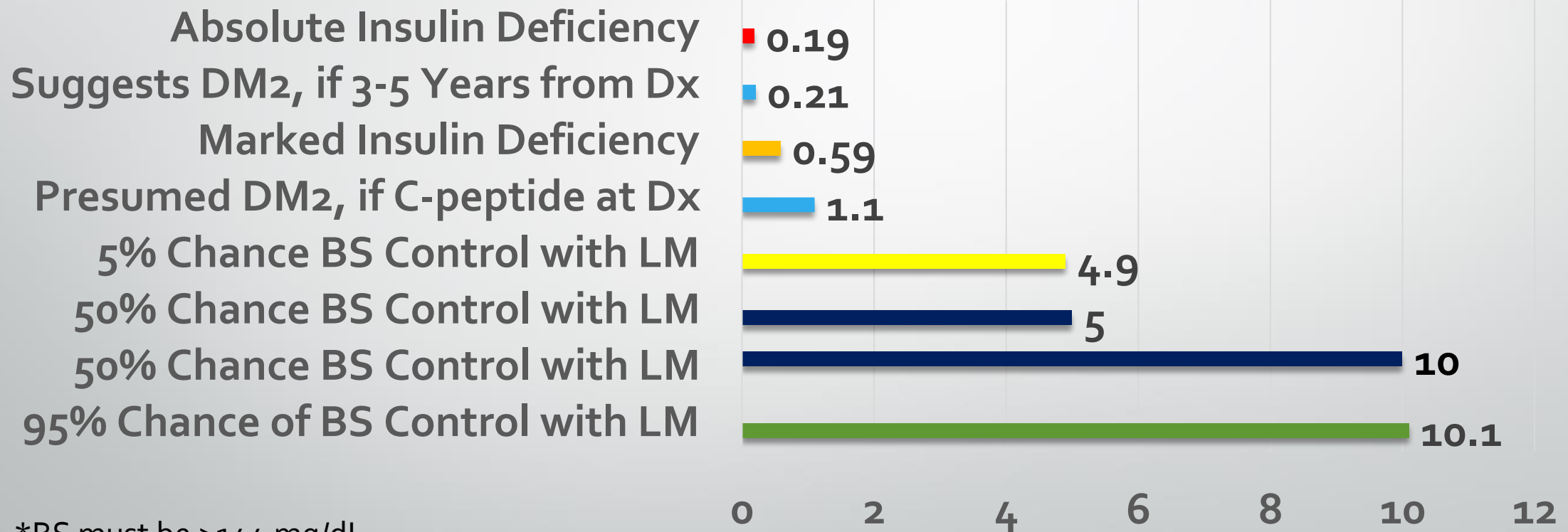
# OPTIMAL 2-HOUR INSULIN LEVEL

- Two hours after drinking 50 gm\* of glucose, following a 12 hour fast
  - Normal - <25
  - Optimal - <10
  - Insulin Resistance - >25

\*The Fresh Test®

# WHAT ARE MY CHANCES?

Stimulated\* C-peptide Level (nmol/L) – Divide by 2.5 for ng/ml



\*BS must be >144 mg/dL

Jones, AG. *Diabet. Med.* 30, 803–817 (2013).

Youngberg, W. *Goodbye diabetes*. Hart Books: Fallbrook, CA, ©2012, p. 96.