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The number of diabetic patients is increasing day by day. This problem has become very common today. Not only adults but even children of small age are also getting affected from this. It's a chronic condition that makes people to suffer throughout their life as diabetic patient has to follow a routine and systematic life. Insulin resistance animated video can help people to know more about the condition as these videos offer information in a very entertaining manner which is very easy to grasp.

Insulin resistance is a condition, in which a hormone named insulin becomes less effective in lowering the blood sugar. It results in increasing the level of the blood sugar outside the normal range. It causes adverse effects on health. The cells producing insulin are situated in the pancreas. In insulin resistance the body cells become unable to follow the tasks regulated by insulin. Many factors are responsible behind causing the condition although mainly genetic factors are responsible for this and other environmental and dietary factors also work. Insulin resistance animated video can help to obtain more information about the problem. These videos provide information in a relevant way that can be understood easily.

This condition shows many symptoms before knocking the door such as

- Fatigue

- Brain Fogginess, affected person feels himself unable to focus

- High blood sugar

- Weight gain

- Increased blood pressure

- Depression

- Sleepiness

- Intestinal bloating

- Increased hunger

- The most common symptom of this condition is exhaustion. The affected person feels exhausted throughout the day, especially in the morning and in the evening.

High level of insulin causes many other symptoms. There are many conditions which are found associated behind the insulin resistance such as:

- Some genetic factors are found responsible behind the condition.

- If there is family history with type 2 diabetes

- If anyone in the family has suffered from gestational diabetes

- Stress

â€¢ Alcohol

â€¢ Tobacco

â€¢ Pregnancy

â€¢ Obesity, if body mass index is above 25

There are some factors which are the strong causes of insulin resistance like diet, sedentary life style etc. Insulin resistance animated video offer very useful information about the problem. These videos are very helpful in spreading information about the problem.

A vast majority of cases of insulin resistance remain unknown because in most of the cases genetic factor plays crucial role. If any person in the family history has suffered from type 2 diabetes, then the chances of developing this problem becomes quite high in the coming generation. Insulin resistance animated video provides all the information about the condition. It helps to make people aware by describing the symptoms, preventions and causes.

Insulin resistance is a chronic condition. It's possible to get prevented from this by making some dietary and lifestyle changes in the routine. Daily exercise can also help.

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