

# HOMA index



## Insulin Resistance Test : HOMA INDEX

Homeostasis Model Assessment

Calculates  $\beta$  cell function & HOMA Index from blood glucose & insulin levels

## A Robust Clinical and Epidemiological Tool for the Assessment of Insulin Resistance

### Clinical Utility :

#### Detects Hyperinsulinemia:

- Hyperinsulinemia is present 10- 40 years before loss of insulin secretion occurs
- Intervention at the stage of normal glucose tolerance but hyperinsulinemia is effective in preventing development of frank Type 2 diabetes

#### Polycystic Ovary Syndrome (PCOS):

- Lifestyle changes during hyperinsulinemic state may restore menstruation, ovulation & likelihood of pregnancy

### Advantages of HOMA Index:

- Less invasive than OGTT
- Not affected by pulsatile secretion of insulin

### Prescribe HOMA Index for Patients With:

- Obesity
- Suspected Insulin Resistance (Type 2 Diabetes)
- PCOS
- Infertility & Cycle disturbances



Diab