

# INSULIN

## IGF-1

Insulin-Like-Growth Factor Type 1

### Blood Insulin Measurement



#### *What is serum insulin and why is it important?*

Serum insulin assessment can aid in the diagnosis of type II diabetes. Hyperinsulinemia (an excess of insulin in the blood) associated with hyperlipidemias (excess fat or lipids in the blood) and is an independent risk factor for heart disease.

#### *What is Insulin-Like Growth Factor Type 1 and why is it important?*

The Insulin-Like Growth Factor Type 1 (IGF-1) test measures serum levels of IGF-1, an anabolic hormone produced in the liver and essential for maintenance of muscle tissue. Serum levels of IGF-1 vary depending on age, sex, growth hormone secretion, liver function, and nutritional status.

IGF-1 affects a wide variety of cell types. It plays a role in regulating growth and development prior to adulthood and in regulating cell renewal throughout life. IGF-1 may also play a critical role in physiological processes of the central nervous system.

[Sources: IngentaConnect and American Journal of Epidemiology]

#### *Conditions and diseases related to IGF-1:*

- Fibromyalgia
- Chronic fatigue syndrome
- Anorexia nervosa
- Chronic kidney or liver disease
- Chronic Stress
- Diabetes (Type 2)
- Cardiovascular disease
- Metabolic syndrome
- Obesity
- Cancer
  - Prostate
  - Breast
  - Colon
  - Lung

[Source: PubMed and [www.labtestsonline.org](http://www.labtestsonline.org)]

### PATIENT INFORMATION SHEET



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