# Fasting Insulin Levels Chart

**Name:** Emily Jackson **Sex:** Female

**Date of birth:** June 15, 1985 **Age:** 39

| Fasting insulin level (µIU/mL) | Description |
|---|---|
| < 2.55 | If fasting blood glucose is high, it may indicate underlying health issues. |
| 2.55 - 18.4 | Generally recommended range for healthy individuals. |
| 18.4 | May indicate insulin resistance, especially if fasting blood glucose is also high. |

**Note:** This chart is for general reference only as fasting insulin level ranges can vary based on individual factors and the specific testing methods used.

| Date of test | Fasting insulin level (µIU/mL) | Notes |
|---|---|---|
| August 15, 2024 | 3.2 | No signs of insulin resistance; continue with current health monitoring and lifestyle practices. |
| August 18, 2024 | 20.1 | Elevated insulin level; recommend further evaluation for insulin resistance and review of current diet and exercise habits. |
| August 20, 2024 | 1.9 | Consider reviewing recent changes in diet or health status; further testing may be needed if there are symptoms or concerns about blood glucose levels. |
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