



Insulin Resistance Linked to Lower Bone Density, Study Shows

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Calgary, Canada: As a part of their 2017 campaign on osteoporosis awareness, Nutriden Inc, a company involved in creating high-quality nutritional supplements, has outlined a new study that links insulin resistance to lower bone density.

Lowering insulin sensitivity is the underlying problem of type 2 diabetes. It happens when one is overweight and gets worse over time. Now, a Korean study has found out that obesity and type 2 diabetes also leads to a lower bone mass density in young adults. This is worrisome news as 90% of a person's bone mass is developed by the age of 18 years.

The lead research author of the study Dr. Min Soo Choo of the Mallum University Medical Center in Seoul together with his team found out that women aged 25 to 35 years old who had high levels of insulin resistance had lower bone density than those with healthier insulin processing. It was discovered that higher glucose levels in the blood during young adulthood can act as an anabolic agent and reduce bone strength for people suffering from insulin resistance.

The study was conducted by separating the participants into four groups based on the degree of their insulin resistance. The research found that on an average those with the highest insulin resistance, no matter if they were men or women, had a lower bone density of the hip, femur, and lumbar spine than those with lower insulin resistance. The study did not take calcium or vitamin D in the diet into consideration.

Osteoporosis is a disease that affects both men and women in their old age. But to develop a propensity for it during youth can spell major trouble for people as it may lead to an earlier onset of the disease along with other unwanted consequences.

By consuming the right amount of calcium and vitamin D during their formative years, a person can build strong bones that last right up to their old age. To learn more about osteoporosis and other ways of improving bone health, visit Nutriden Inc.'s official website.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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