



## Clinical Research on Insulin Resistance

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### Message from the Guest Editors

Dear Colleagues,

Insulin sensitivity is the main regulator of the metabolic processes of the body, and, consequently, its derangement leads to metabolic disorders, the most well-known being type 2 diabetes mellitus and so-called “metabolic syndrome”. The level of insulin sensitivity is in turn regulated by other hormones, the nervous system, and many local molecules. At present, we have simple measures of insulin resistance that can help us in our clinical work. The most well-used, HOMA-IR, is most useful in the follow-up of patients, but still has a level of uncertainty and does not identify the level of insulin sensitivity of different tissues. We need a simple index and a robust algorithm that can at least help us determine the insulin sensitivity of the most relevant organs, such as the liver, heart, and adipose tissue. The aim of this Special Issue is to invite all researchers in the field of insulin resistance to contribute with their work to define where we are, the strengths and the limitations of what we have, and to pave the way for better knowledge on and a new therapy of this critical physiologic process and its derangement.





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