

## **Estrogen Linked to Insulin Resistance**

Postmenopausal women taking oral estrogen, with or without progesterone, show increased insulin resistance, even when allowing for being overweight.

Researchers used a three-hour hyperinsulinemic-euglycemic in the study, which is the most sensitive way to assess a person's insulin level. They found women taking estrogen had a **31 percent lower utilization rate of insulin compared to postmenopausal women not on estrogen replacement therapy.**

The authors concluded that postmenopausal women taking oral estrogen, with or without progesterone, show a greater degree of insulin resistance than those not taking hormone replacement therapy, even allowing for total and abdominal adiposity.

**Diabetes Care January 2002;25:127-133**