

Understanding Weight Hormone Profile

Hormone is a cause for overweight?

Hormones are key players in regulating weight, metabolism, blood sugar, insulin, fat storage.

As we age, shifting hormones complicated by chronic stress, poor diet and lack of exercise trigger a lot of health issues, like weight gain.

Hormones issues related to weight problems

- Cortisol balance: belly fat, increased appetite, sugar cravings, impaired thyroid and metabolism
- Vitamin D3 deficiency: hyperinsulinemia, belly (visceral) fat storage
- Estrogen/ Progesterone: weight gain in hips and thighs, water retention, low thyroid, sluggish metabolism
- Testosterone/ DHEA: insulin resistance/ metabolic syndrome, abdominal obesity
- TSH elevated: hypothyroidism, low metabolic rate, difficulty in losing weight
- Fasting insulin elevated: decreased lean muscle/ increased body fat, decreased metabolic rate, abdominal obesity
- HbA1c elevated: predictive of type 2 diabetes

Common Symptoms

- Difficulty in losing weight despite dieting and exercising
- Weight gain with belly fat
- Weight gain in hips and thighs
- BMI greater than average
- Loss of lean muscle
- Increased appetite or food cravings

Source of lab test provider: HK BioTek