

The clinical estimate of adiposity is not a good predictor of insulin tissue sensitivity measured with a minimal model analysis La estimación clínica de la adiposidad no es un buen predictor de la sensibilidad tisular a la insulina medida con un análisis

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Fifteen male volunteers, aged 30 to 40 years old, were classified according to body mass index (BMI) as lean ($n = 5$, BMI less than 20 kg/m²), normal ($n = 5$, BMI 20-25) or obese ($n = 5$, BMI over 30). Glucose intolerance was ruled out by a normal oral glucose tolerance test and insulin sensitivity (SI) and glucose effectiveness (SG) were estimated by a minimal model analysis of a frequently sampled intravenous glucose tolerance test modified by an intravenous insulin injection at minute 20. The MINMOD program was fed with 29 or 12 values (reduced sampling schedule). Despite a significant inverse correlation between BMI and SI ($r = -0.533$ $p < 0.05$), the latter parameter overlapped among groups and the correlation was lost when obese individuals were not considered. Waist/hip ratio correlated modestly with SI ($r = -0.52$ $p < 0.05$). SG did not correlate with BMI. Using the reduced sampling schedule. SI values had a correlation coefficient of 0.78 with those calculated using the usual samplin