1. Record Nr. UNINA9910144678003321

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Titolo	Insulin resistance [[electronic resource]] : a clinical handbook / / Andrew J. Krentz
Pubbl/distr/stampa	Oxford ; ; Malden, Mass., : Blackwell Science, c2002
ISBN	1-282-12300-9 9786612123009 0-470-69892-6 0-470-69838-1
Descrizione fisica	1 online resource (202 p.)
Disciplina	616.4/6207
Soggetti	Insulin resistance
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Insulin Resistance A Clinical Handbook; Contents; Preface; About the author; Acknowledgements; 1 Pathophysiology of insulin resistance; 1.1 Introduction; 1.2 Normal physiology; 1.2.1 Hormonal regulation of metabolism; 1.2.2 The insulin receptor; 1.2.3 Post-binding events; 1.2.4 Glucose metabolism; 1.2.5 Lipid metabolism; 1.2.6 Protein metabolism; 1.2.7 Ion transport; 1.3 The concept of insulin resistance; 1.3.1 Early studies of insulin action; 1.3.2 Radioimmunoassays for insulin; 1.4 Definitions of insulin resistance; 1.5 Assessment of insulin action in vivo 1.5.1 Fasting insulin concentration1.5.2 Dynamic techniques-endogenous insulin; 1.5.3 Dynamic techniques-exogenous insulin; 1.5.4 Mathematical modelling techniques; 1.5.5 Insulin suppression test; 1.5.6 Hyperinsulinaemic euglycaemic clamp technique; 1.5.7 Complementary techniques; 1.6 Mechanisms of insulin resistance; 1.6.1 Genetic defects; 1.6.2 Acquired forms of insulin resistance; 1.6.3 Fetal origins hypothesis; 1.7 Further reading; 2 Insulin resistance in clinical medicine; 2.1 Clinical features; 2.2 Factors influencing insulin sensitivity; 2.2.1 Normal variation in insulin action 2.2.2 Sex2.2.3 Age; 2.2.4 Physical exercise; 2.2.5 Tobacco; 2.2.6 Alcohol; 2.3 Physiological states of insulin resistance; 2.3.1 Puberty; 2.3.2 Pregnancy; 2.3.3 Menstrual cycle; 2.3.4 The menopause; 2.4

Severe insulin-resistance syndromes; 2.5 Insulin resistance and cardiovascular risk; 2.5.1 Syndrome X; 2.5.2 Obesity; 2.5.3 Regional adiposity; 2.5.4 Impaired glucose tolerance; 2.5.5 Type 2 diabetes mellitus; 2.5.6 Essential hypertension; 2.5.7 Dyslipidaemia; 2.5.8 Endothelial dysfunction; 2.5.9 Microalbuminuria; 2.5.10 Hyperuricaemia; 2.5.11 Impaired fibrinolysis
2.5.12 Polycystic ovary syndrome2.5.13 Non-alcoholic steatohepatitis; 2.6 Other disorders associated with insulin resistance; 2.6.1 Counter-regulatory hormone secretion; 2.6.2 Endocrinopathies; 2.6.3 Chronic renal failure; 2.6.4 Hepatic cirrhosis; 2.6.5 Cardiac failure; 2.7 Miscellaneous inherited disorders; 2.8 Drug-induced insulin resistance; 2.9 Further reading; 3 Management of insulin resistance and associated conditions; 3.1 Non-pharmacological measures; 3.1.1 Medical nutrition therapy; 3.1.2 Physical activity; 3.1.3 Alcohol; 3.1.4 Tobacco; 3.2 Drugs for type 2 diabetes; 3.2.1 Biguanides
3.2.2 Thiazolidinediones3.2.3 Sulphonylureas; 3.2.4 Meglitinide analogues; 3.2.5 -Glucosidase inhibitors; 3.2.6 Insulin; 3.3 Antiobesity drugs; 3.3.1 Sibutramine; 3.3.2 Orlistat; 3.3.3 Leptin; 3.2.4 3-adrenocepter agonists; 3.4 Lipid-modifying drugs; 3.4.1 Fibric acid derivatives; 3.4.2 Acipimox; 3.4.3 Statins; 3.4.4 Omega-3 fatty acids; 3.5 Antihypertensive drugs; 3.2.4 -adrenocepter agonists; 3.5.2 Calcium-channel blockers; 3.5.3 Angiotensin converting enzyme inhibitors; 3.5.4 Angiotensin II receptor antagonists; 3.5.5 1-Receptor blockers; 3.5.6 Selective imidazoline receptor agonists
3.5.7 Aspirin

Sommario/riassunto

Insulin resistance, defined as a reduced biological action of insulin, has emerged as a major factor in the development and progression of a number of common non-communicable diseases in man. The role of insulin resistance in the aetiology of type 2 diabetes is particularly well-established. However, insulin resistance has also come to be regarded as a key component of a broader syndrome of common metabolic defects that conspire to increase the risk of atherosclerotic coronary heart disease. The ramifications of insulin resistance now embrace many different medical specialties. The obje

2. Record Nr. UNINA9910711258903321

Titolo	An experimental and computational study of steel moment connections under a column removal scenario / / Fahim Sadek ... [and others]
Pubbl/distr/stampa	Gaithersburg, MD : , : U.S. Dept. of Commerce, National Institute of Standards and Technology, , 2010
Descrizione fisica	1 online resource (xiv, 78 pages) : illustrations (color)
Collana	NIST technical note ; ; 1669
Altri autori (Persone)	SadekFahim
Soggetti	Finite element method Girders Structural failures
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"September 2010." Contributed record: Metadata reviewed, not verified. Some fields updated by batch processes.