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Dr. Catherine Crofts: But I also looked at repeatability, because this is not enough to say, "This is what we're looking at."

We also wanted to know how easy is it to see that if the response you tested today, if you test it tomorrow, is it going to be the same? Is it going to be different? We wanted to know the difference, or at least I wanted to know the difference, great statistician to help me.

How much did insulin have to change by to indicate clinical change as opposed to biological variation? Because every molecule moves a little bit. And you see with glucose, it's quite tight.

People with normal glucose tolerance, people with type 2 diabetes, 10 in this group, nearly 20 in this group. When you look at the fasting insulin, it's a lot more spread out. This person goes from 3 to 18. Once a week? Eight weeks?

What's normal for this person? I don't know, somewhere between 3 and 18, over these levels. So when people come and tell me that their insulin response is 5, it's great. What's it going to be in 10 minutes time?