

## Molecular mechanism of insulin resistance

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### \*Abstract

Type 2 diabetes is of particular importance as one of the main causes of cardiovascular diseases, renal dysfunction and their related mortality. Two main characteristics of the disease are insulin secretion defects and insulin resistance. It seems that insulin resistance is a key trigger in the pathogenesis of the disease. It is reasonable to think about how to prevent the incidence of type 2 diabetes, reduce its severity and morbidity and to postpone the disease onset by studying the molecular mechanism of insulin resistance in order to inhibit or reduce the driving proteins behind insulin resistance and to find appropriate therapeutic approaches especially based on RNAs regulating gene expression.

This review focuses on recent published molecular findings about occurrence of insulin resistance using genetic databases such as KEGG GENES and OMIM to introduce the trigger mechanism of type 2 diabetes.

**Keywords:** Insulin Resistance, Type 2 Diabetes Mellitus, Molecular Medicine

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**Received:** 26 Dec 2013

**Accepted:** 11 May 2014