

Obesity gene

British scientists have identified a clear sign of genetic predisposition to excess weight. However, commentators have stressed that the main reason for obesity is not a lifestyle. Meanwhile, the group of American researchers have found that the diet is not only ineffective way to lose weight, but also can pose a serious health hazard. The scientists from Oxford University and the Peninsula Medical School in the city Exeter in southwestern England has been able to establish a statistical correlation between the number of FTO gene sequences in human DNA and obesity. They reviewed data 40,000 people and found that, among those with the DNA code that met once, cases of obesity were 30% higher than among people who have not had such consistency. Among those who have the gene FTO met twice, the incidence of obesity was higher by 67%. On average, they weighed 3 kilograms more than people without this gene. That is the surest sign of a genetic predisposition to obesity, as reported to date, reports BBC.

Consistency FTO was first identified in those suffering from diabetes so-called type II. The disease is common among people over 40 years old. It is often accompanied by obesity, and scientists were able to link the presence of code FTO is the number of fat in the body. This prompted them to search for genetic databases. FTO meets once or twice a half white Europeans DNA sample ("white Europeans" - one of several ethnic groups, which are recorded in health institutions in Britain). Scientists examined the only people in this category in Britain, Italy, Finland and Northern Europe, but assured that the findings of such a large sample will be in effect for the other groups. They plan to test their databases for African Americans and people from South Asia. Double gene mutation FTO scientists explain. This phenomenon, as pointed out by Mark Uolport, head of the Wellcome Trust, sponsoring research, there is approximately one out of six Europeans. As the code contributes to the development of obesity, scientists have yet to find, but they noticed that people who have a gene to lose weight is more difficult than those with none. However, the scientists point out that the main reason for obesity is not a lifestyle. Obesity is a major problem for doctors in Britain and other developed countries. Besides diabetes obesity is often associated with heart disease. "So far it was to say that if you are obese, it is of laziness and doors, and the blame for you. This study indicates that there is a genetic component, "says one of the authors of the study Andrew Hattersli of Peninsula Medical School.

A study published in the journal Science. Most people are unable to get rid of extra pounds through diet, moreover, frequent fluctuations in weight are harmful to their health. It says the British newspaper The Daily Mail, to the conclusions reached American researchers. According to them, all varieties diets worked about the same. Most people sitting on a diet tend to become even fatter. This is because, starting to eat well, a man with a outweighs all of which so stubbornly refused for a long time, explained the researchers. Man may drop 5-10% of body weight while on any diet, but later returned weight. The study showed that up to two thirds of those who sat on a diet, gaining dumped kilograms within four to five years. Half were tested weigh five kilograms more than five years after finishing on a diet. Scientists warned that fluctuations in body weight might cause irreparable injury. Limit consumption of certain products may lead to heart attack and diabetes. In addition, the diet weaken immunity, making the body more susceptible to dangerous infections.

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