

Fighting fat: Obesity is gene linked but losing weight is an act of will

You might be able to blame your genes for weighing more and increasing your risk of obesity, but you can no longer blame your genes for failing to lose weight, a comprehensive study has found.

Carriers of the FTO gene are known to be on average 3 kilos (6.6lbs) heavier and 70% more likely to be obese. However, researchers at Newcastle University...report that in a review of eight studies involving over 9,000 people, carrying this gene did not prevent them losing weight.

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Professor Mathers explains: "We were excited to find that people with the risk version of FTO respond just as well to weight loss interventions as everyone else. This is important news for people trying to lose weight as it means that diet, physical activity or drug-based weight loss plans will work just as well in those who carry the risk version of FTO."

Importantly, the team found that the response to weight loss interventions for people carrying the risk variant of the FTO gene was similar for men and women, younger and older and people of different ethnicities.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: You can't blame your genes if you don't lose weight: Study