

《原来基因也无法阻止你减肥》

导读:新的研究表明，肥胖基因不会影响减肥效果



People with a gene linked to weight gain are just as likely to benefit from weight loss programmes as those without, researchers have discovered.

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The findings suggest diet, exercise and drug-based approaches to losing weight can be widely beneficial, even if some people may have a greater risk of piling on the pounds due to their genetics. In short, your DNA is not a barrier to weight loss.

??DNA????????????

While many genes are believed to affect body weight, a particular version of the so-called FTO gene shows one of the strongest associations with fat gain. Those carrying two copies of the genetic variant – about 16% of the population – are on average 3kg heavier than those without, and 1.7 times more likely to be obese.

??FTO??16%??

Sex and ethnicity, the authors said, did not affect the rate of weight loss, although they noted there was a lack of participants of Asian descent. The studies, added Mathers, did not show whether carrying the obesity-linked version of the FTO gene affects whether weight loss was sustained, as the longest follow-up time was three years.

[illegible]

Dr Jude Oben, co-founder of the Obesity Action Campaign and senior lecturer in hepatology at University College London, welcomed the results. "Obesity is costing the NHS ?16bn a year. We at Obesity Action Campaign are alarmed by this. Obesity causes cancer, diabetes, heart disease and liver cirrhosis. It is the HIV of our age. It is killing millions of our patients," he said.

[illegible]

“That this size of study and its robust statistical methodologies support common sense is great. It means that general weight loss strategies which must involve the psychological, nutritional, physical and policy changes should be developed.”

[illegible]