

# Advances in Personalized Medicine for Obesity Management: Tailoring Treatments for Better Outcomes

Namita Tigga\*

Department of Biotechnology, Kalinga Institute of Industrial Technology, India

medicine enhances the ability to make timely adjustments to treatment strategies [8,9].

**C**

These advances in personalized medicine offer a transformative approach to obesity management, moving away from generalized recommendations towards highly individualized treatment plans. By incorporating genetic, metabolic, behavioral, and technological insights, personalized medicine holds the promise of more effective and sustainable weight management solutions. As research continues to evolve, these tailored strategies are expected to improve outcomes for individuals struggling with obesity, ultimately contributing to better overall health and quality of life. The future of obesity management lies in harnessing the power of personalized medicine to address the complexities of this multifaceted condition.

**A**

None

**C**

None

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\*Corresponding author: Namita Tigga, Department of Biotechnology, Kalinga Institute of Industrial Technology, India, E-mail: namitatigga@gmail.com

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