



Role of Lifestyle, Gene Environment Interactions and Mutations in Multiple Genes in Obesity

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how active we are are ref
environment that make it
become more common in recent decades, owing to an obesogenic for them to obtain adequ
society that provides easy access to high-calorie meals while limiting gent rise in overweight
possibilities for physical activity. e obesity pandemic might be seen Obesity-related gene-
stages of research. Many
as a communal reaction to this situation. Obesity is a severe public not become overweight
health issue since it raises the risk of diabetes, heart disease, stroke, and
other serious illnesses.

Every aspect of human physiology, development, and adaptability is influenced by genes. Obesity is no different. Yet, little is known about the exact genes that cause obesity, as well as the scope of so-called "genetic environment interactions," or the complicated interplay between our genetic makeup and our life experiences.

A greater knowledge of the genetic contributions to obesity—particularly common obesity—as well as gene-environment interactions would lead to a better understanding of the obesity causation pathways. Such data may one day lead to promising obesity prevention and treatment solutions. However, it's vital to note that genes have a little role in obesity risk, whereas our hazardous diet and exercise environment play a major one. "Genes may co-determine who gets fat, but our environment dictates how many become obese," one expert noted. It is why, in order to avoid obesity, we must change our environment to make healthy choices simpler for everyone.

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