



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

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become more common in recent decades, owing to an obesogenic environment that make it for them to obtain adequate energy for their metabolic needs in a society that provides easy access to high-calorie meals while limiting opportunities for physical activity. The obesity pandemic might be seen as a communal reaction to this situation. Obesity is a severe public 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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