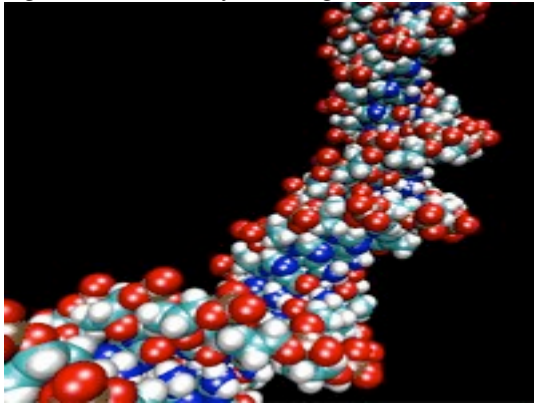


## Bad Genes Are Not An Excuse

Written by Jane Tucker | Friday, 30 October 2009 | There are 0 comments

“ your environment was a much stronger determinant of your health than genes ”

It's no good blaming your genes for suffering from lifestyle related illnesses such as being overweight and having erectile dysfunction because according to Professor Robert Hegele from the [Robarts Research Institute](#) based in Ontario, Canada regular exercise and a healthy diet will eventually come up trumps and negate the effects of your bad genes.



Far too often people blame inherited genes for a whole lot of illnesses such as hypertension, diabetes and a weak heart when in fact the the blame should really be apportioned to them. If you do have a history of obesity related illnesses in your family you should make a special effort to be healthy rather than wait until you get sick.

Professor Hegele explained that from his research your environment was a much stronger determinant of your health than your genes. He saw that the obvious influences of smoking cigarettes, drinking alcohol, consuming unhealthy food and a lack of regular physical activity were much more significant. He also noted that a whole range of other factors such as how much you earned, how you were educated, where you lived and your general physical environment could also impact on your health more so than your genes. Professor Hegele who put forward his research at the [Canadian Cardiovascular Congress](#) being organised in Edmonton, Canada also said that while genetic research is extremely useful to provide important information there is no getting away from the fact that the majority of unhealthy individuals despite their genes have the “tools to act” if they really want to get healthy.

Ukmedix News has published quite a bit of research on the FTO (or [FATSO](#)) gene which is seen to be more prevalent in overweight and obese individuals and it is important to realise that researchers have shown that many people who have this FTO gene still manage to live healthily and stay slim.

Ukmedix News understands how difficult it is for some people to shed weight but we've also seen that blaming your genes is not conducive to weight loss success and you should just [get on](#) with getting healthy despite whatever genes you have.