



MEDIA RELEASE
GENETIC DEFECT CAN LEAD TO OBESITY

Scientists have uncovered a genetic defect that can lead to obesity, according to Adelaide integrative medicine expert, Dr Peter Tunbridge.

Dr Tunbridge explains that a defect in the Methylene tetrahydrofolate reductase (MTHFR) gene can lead to an inability to absorb folate and regulate oestradiol.

"MTHFR is a gene that produces an enzyme called methylene tetrahydrofolate reductase. This enzyme regulates folate and oestradiol metabolism," Dr Tunbridge said.

"A defect in the MTHFR gene can lead to obesity and other chronic conditions such as hyperhomocytinemia, which makes us more prone to blood clots, heart attacks and strokes.

Dr Tunbridge will reveal his research at the 2009 Australasian Academy of Anti-Ageing Medicine Conference in Melbourne on October 3 & 4.

As part of his post-graduate research, Dr Tunbridge has now developed a comprehensive, medically-supervised treatment plan for people with the MTHFR genetic defect.

"To date, I have treated more than 5,000 patients with average weight loss of between 6-12kg," Dr Tunbridge said.

"We have also found that patients experience improved energy levels, sleep patterns and even reduced pre-menstrual symptoms.

MTHFR polymorphism is thought to be very prevalent in the Australian population and made be one of the factors in the high rate of obesity in the country.

In a recent survey, the Australian Bureau of Statistics found that 68% of adult men and 55% of adult women were overweight or obese. This is an increase over 12 years as only 64% of men and 49% of women were overweight or obese in 1995.

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Relevant Studies:

<http://www.ncbi.nlm.nih.gov/pubmed/19437140>

<http://www.eje-online.org/cgi/content/abstract/159/3/233>