DESPITE AN INCREASE FOCUS IN HEALTH AND DIET, OBESITY AND METABOLIC DISEASES CONTINUE TO PLAGUE COMMUNITIES ACROSS THE UNITED STATES. RESEARCHERS AT THE UNIVERSITY OF MISSOURI BELIEVE THAT OBESITY PREVENTION, FOR BOTH MEN AND WOMEN, MIGHT BE RELATED TO ESTROGEN. NUTRITION AND EXERCISE PSYIOLOGY VICKI VIEIRA-POTTER FOUND THAT ESTROGEN RECEPTOR ALPHA, A PROTEIN FOUND INSIDE ITS CELLS APPEARS TO PROTECT AGAINST OBESITY. Potter said that certain drugs might affect the effectiveness of the protein which could decrease ones chance of being obese as they age. VIEIRA-POTTER SAID THAT CERTAIN DRUGS MIGHT AFFECT THE EFFECTIVENESS OF THE PROTEIN WHICH COULD DECREASE ONES CHANCE OF BEING OBESE AS THEY AGE.

“In this model, of human menopause if we administer this drug for just two weeks you can virtually rescue an entire metabolic dysfunction. Meaning we rescued obesity and insulin resistance which are the two major metabolic dysfunctions that happen in menopause.”

POTTER SAID THAT EVENE WITHOUT OBESITY PREVENTING DRUGS INDIVIDUALS CAN GET SIMILAR EFFECTS BY EXERCISING AND MAINTAINING A HEALTHY DIET.

SO DIET AND EXERCISE ARE REALLY IMPORTANT LIMITING CONSUMPTION OF WESTERN TYPE FOODS HIGH IN REFINED SUGARS, PROCESSED, AND HIGH IN SATURATED FAT ALWAYS A GOOD THING TO DO. IF YOU COULD DO THAT COMBINATION WITH EXERCISE THAT’S THE BEST ADVICE I CAN GIVE.

“Diet and exercise are really important. Limiting consumption of western foods that are high in refined sugars, processed, and high in saturated fats is always a good thing to do. If you could do that combination with exercise that’s the best advice I can give.”

I’M CAILIN RILEY, WITH A MIZZOU SPOTLIGHT ON SCIENCE.