

Finding the single gene can help you avoid heart disease

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Specifically, researchers from the Wellcome Trust Sanger Institute in the UK said they have identified the new variant rs145556679 * that is involved in regulating lower levels of bad natural fats and cholesterol. bad in the body, this will reduce the risk of cardiovascular disease.

This new gene variant has been found in Mylopotamos, north of Crete where the population is isolated and lives in villages with a special diet rich in animal fat.



To this conclusion, the researchers made a genetic portrait of the group of people by arranging the entire genome of 250 individuals in the villages for a thorough, insightful look. better.

Later, the team used the results of the collection and analysis to provide a more detailed view of the genetic comparison of the remaining 3,200 people in the region.

As a result, the scientists discovered a new genetic variant called rs145556679 *, which has never been discovered by science before, which could help the body fight extremely good cardiovascular disease.

The researchers say this type of cardioprotective variation may be almost unique to the human population of Mylopotamos, according to the researchers, when considering the genetic results of a few thousand Europeans. has revealed a copy of this variation in an individual in Tuscany, Italy.

In addition, the researchers also found a separate variant in the same gene associated with lower triglycerides levels in some people living in Amish, USA.

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