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# Losing weight: separating fact from fiction

11 September 2019



Obesity is a major public health problem. High calorie food is available 24/7 and as a society we are less physically active. But some people gain weight more easily than others whilst others.....the lucky few..... can eat what they like without putting on weight. Why are people so different?

Professor Farooqi will talk about the role of genes in influencing a person's weight. Her team have identified many genes that if faulty, can contribute to obesity ([www.goos.org.uk](http://www.goos.org.uk)). These discoveries have shed light on the different ways in which people respond to too few or too

many calories and what this means for our chances of gaining weight and losing weight.

Sadaf Farooqi is a Wellcome Principal Research Fellow and Professor of Metabolism and Medicine at the University of Cambridge, UK. She is an internationally recognized Clinician Scientist who has made seminal contributions to understanding the genetic and physiological mechanisms that underlie obesity and its complications. The work of Sadaf Farooqi and her colleagues has fundamentally altered the understanding of how body weight is regulated. With colleagues, she discovered and characterised the first genetic disorders that cause severe childhood obesity and established that the principal driver of obesity in these conditions was a failure of the control of appetite. Her work is often cited as an exemplar of how the translation of research into the mechanisms of disease can lead to patient benefit.

**Date: Wednesday 11 September 2019**

**Venue: William Harvey Lecture Theatre, Clinical School, Cambridge Biomedical Campus**

**Time: 18:30 - 19:30**

To reserve your place or for further information contact the NHS Foundation Trust Membership Office:

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