

Weight loss surgery may alter gene expression in fat tissue

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Altered gene expression in fat tissue may help explain why individuals who have regained weight after weight loss surgery still experience benefits such as metabolic improvements and a reduced risk of type 2 diabetes. The findings come from a study published in the *Journal of Internal Medicine*.

The study included women who underwent [weight loss surgery](#), and gene analyses were conducted before and two and five years after surgery. Analyses were also conducted in women who did not undergo surgery.

Most [gene expression](#) changes in fat tissue occurred during the first two years after surgery; however, a subset of genes encoding proteins involved in inflammation displayed a continued decrease in expression over five years (during weight regain).

More information: A. G. Kerr et al. Long-term changes in adipose tissue gene expression following bariatric surgery, *Journal of Internal Medicine* (2020). [DOI: 10.1111/joim.13066](https://doi.org/10.1111/joim.13066)

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