

# Genetic analysis links obesity to higher rheumatoid arthritis risk

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An analysis of genetic data collected from more than 850,000 individuals of European ancestry has found a link between obesity-related genes and rheumatoid arthritis.

In the *Arthritis & Rheumatology* analysis, investigators found an increased risk of rheumatoid arthritis when body mass index was predicted to be high based on an individual's genetics. This was observed for both men and [women](#).

"These results highlight an important role of obesity in the pathological development of rheumatoid [arthritis](#), as well as provide a potential actionable preventive strategy," said senior author Xia Jiang, Ph.D., of the Karolinska Institute, in Sweden. "Future studies are needed to understand the biological mechanisms underlying such a link, and to understand how obesity may causally influence [rheumatoid arthritis](#) prognosis."

**More information:** Bowen Tang et al, Obesity-related traits and the development of rheumatoid arthritis – evidence from genetic data, *Arthritis & Rheumatology* (2020). [DOI: 10.1002/art.41517](https://doi.org/10.1002/art.41517)

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