Contrast Exercise

Typeface

ABCDEFGHIJ
KLMNOPQRS
TUVWXYZ&
abcdefghij
klmnopqrs
tuvwxyz
1234567890

Character Set

Uppercase

ABCDEFGHIJKLMNOPQRSTUVWXYZ
ÀÁÂÃÄÅĀĂÇÈÉÊËĒĔÌÍÎÏĪĬÑÒÓÔÕÖŌŎ
ŠÙÚÛÜŪŬŴẀẂẄÝŸŽÆĐØÞŁŒ

Lowercase

abcdefghijklmnopqrstuvwxyz
àáâãäåāăçèéêëēĕìíîïīĭñòóôõöōŏ
šùúûüūŭŵẁẃẅýÿžßæðøþıłœ

Ligatures

TT Th NN ct st ff fi fj ff fb fi ffi ffl ffy fh fk fl fy vr

Figures

#$£¥€0123456789%

Interpunction

¶ @ †‡ ©®™ * () [] {} «» ‹› /\ ¦| _-–—
¿? ¡! ' " ‘’ “„” .,:;…

Settings at Various Sizes

The Genetics of Obesity

Like many other medical conditions, obesity is the result of an interplay between genetic and environmental factors. Polymorphisms in various genes controlling appetite and metabolism predispose to obesity when sufficient food energy present. At the start of 2006 more than 41 of these sites have been linked to the development of obesity when a favourable environment is present.

People with two copies of the FTO gene (‘fat mass’ and obesity associated gene) has been found on average to weigh 3–4 kg more and have a 1.67-fold greater risk of obesity compared to those without the risk allele. The percentage of obesity that can be attributed to genetics varies, depending on the population examined, from 6% to 85%. Obesity is a major feature in several syndromes, such as Prader-Willi syndrome, Bardet-Biedl syndrome, Cohen syndrome, and MOMO syndrome. (The term “non-syndromic” is sometimes used to exclude these conditions). In people with early-onset severe obesity, 7% harbor a single point DNA mutation. Studies that have focused upon inheritance patterns rather than upon specific genes have found that 80% of the offspring of two obese parents were obese, in contrast to less than 10% of the offspring of two parents who were of normal weight. The thrifty gene hypothesis postulates that due to dietary scarcity during human evolution people are prone to obesity. Their ability to take advantage of rare periods of abundance by storing energy as fat would be advantageous during times of varying food availability, and individuals with greater adipose reserves would be more likely survive famine. This tendency to

Weight Exploration and Comparison

Regular Contrast

besan

Low Contrast

besan

High Contrast

besan

Regular vs Low

High vs Regular

Low vs High