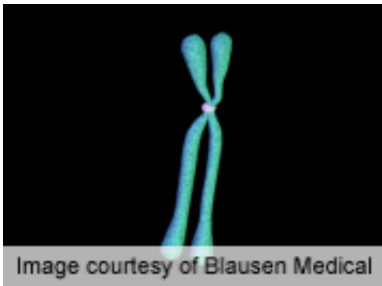


Genetic counseling doesn't affect pre-diabetes behavior

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Receiving genetic risk counseling does not significantly alter self-reported motivation or prevention program adherence for overweight individuals at risk for type 2 diabetes, according to a study published online Aug. 28 in *Diabetes Care*.

(HealthDay)—Receiving genetic risk counseling does not significantly alter self-reported motivation or prevention program adherence for overweight individuals at risk for type 2 diabetes, according to a study published online Aug. 28 in *Diabetes Care*.

Richard W. Grant, M.D., M.P.H., from Kaiser Permanente Northern California in Oakland, and colleagues conducted a randomized trial in which 108 overweight patients (mean age, 57.9 years) at increased phenotypic risk for type 2 diabetes were assigned to receive genetic testing or not. Thirty-six [single nucleotide polymorphisms](#) were used to assess genetic risk. Individual [genetic counseling](#) was provided to participants in the top (42 participants) and bottom (32 participants)

score quartiles prior to being enrolled, together with 34 untested controls, in a 12-week validated diabetes prevention program. Middle-risk quartile participants were not included in the study.

The researchers found that participants attended 6.8 ± 4.3 group sessions and lost 8.5 ± 10.1 pounds, with 30.6 percent of participants losing ≥ 5 percent body weight. Comparing higher-risk recipients and lower-risk recipients with control subjects who did not receive counseling, there were few statistically significant differences in self-reported motivation, program attendance, or mean weight loss.

"In summary, a diabetes genetic risk assessment and counseling intervention for [overweight individuals](#) based on 36 single nucleotide polymorphisms neither improved nor substantially detracted from an evidence-based behavioral intervention to prevent diabetes," the authors write.

More information: [Abstract](#)
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