

# EARLY CAREER RESEARCHERS

## Introduction

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Here, we have two more interesting papers by early career researchers both on different aspects of genetics; nutrigenetics and epigenetics.

First is Manja Zec, who is a postdoctoral research associate within the School of Nutritional Sciences and Wellness at the University of Arizona, US. Her paper provides a commentary on the theme of precision nutrition and nutrigenetics. She discusses the concept that an individuals' response to nutrients is dependent on their genetic variants with particular focus on the fatty acid desaturase (FADS) genes, fatty acid handling and the impact of that on vascular health, e.g. the increased conversion to omega fats.

From the US to Russia where researchers, Kristina Tolkunova (tbc), Lyudmila Korostovtseva (cardiologist and Senior researcher) and Oxana Rotar (postdoctoral researcher) at Almazov National Medical Research Centre present a project they are undertaking on the offspring of Leningrad Siege survivors. They provide a summary of research that has been carried out so far, which primarily focuses on the survivors themselves and in which higher rates of mortality from heart disease and stroke are observed. The group are hoping to investigate if these health complications persist in the children of the survivors due to transgenerational epigenetic inheritance.

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