

Recent Progress in Epigenetics and Epigenomics

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Citation: Heidari A. Recent Progress in Epigenetics and Epigenomics. *Medi Clin Case Rep J* 2023;S1(1):55-63.

Received Date: 26 December, 2023; **Accepted Date:** 28 December, 2023; **Published Date:** 30 December, 2023

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Sickness wherein blood sugar swings wildly, dyslipidemia, (being very obese), and coronary heart-related (dangerous, irritated behaviors) are the not unusual symbols of the cardiometabolic disease. (matters that purpose disorder) encompass hypercoagulability, swelling, endothelial (dangerous, irritated behaviors), and oxidative strain. accelerated white fats, nonalcoholic fatty liver ailment, (sickness where blood sugar swings wildly), and disorder of the coronary heart and blood vessels are due to (being very overweight). depression raises the danger of destiny (being very obese), a stunning hyperlink between (being very overweight) and neuropathology. excessive blood sugar stages, (special from what's usually predicted) lipids, and (related to processing and the use of meals) ailment are the principle reasons of CVD related with (disorder in which blood sugar swings wildly). Diets excessive in fat purpose insulin resistance and liver fat. Swelling, reduced insulin signaling, and (being or taking place inside the incorrect area) lipid (collection over the years) are the reasons of (being or occurring inside the incorrect area) lipid (collection through the years). Polyunsaturated fatty acids with eicosatetraenoic acid and docohexanoic acid prevent the (introduction/mixture) of triglycerides and increase their clearance. Omega-3 controls the nervous device, blood pressure, hematic clotting, glucose tolerance, and swelling. however, worry and pressure and despair can cause ailment of the coronary heart and blood vessels. it has been shown that PUFAs located in fish oil can enhance glucose and lipid (chemically processing and the use of meals), coronary heart-related membrane (mixture of different materials, objects, human beings, and many others.), and swelling in the body. via repairing the dysregulation of (related to processing and the usage of meals) ailment, fish oil is a capacity medically beneficial target for disorder of the heart and blood vessels¹⁻¹¹⁴.

ACKNOWLEDGEMENT

This study was supported by the Cancer Research Institute (CRI) Project of Scientific Instrument and Equipment Development, the National Natural Science Foundation of the United States, the International Joint BioSpectroscopy Core Research Laboratory (BCRL) Program supported by the California South University (CSU), and the Key project supported by the American International Standards Institute (AISI), Irvine, California, USA.

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