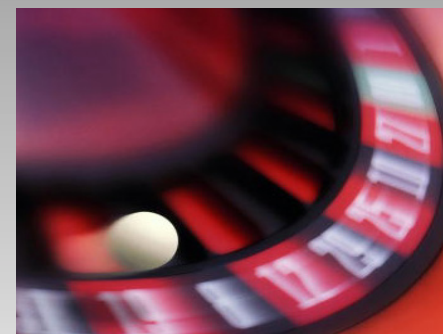
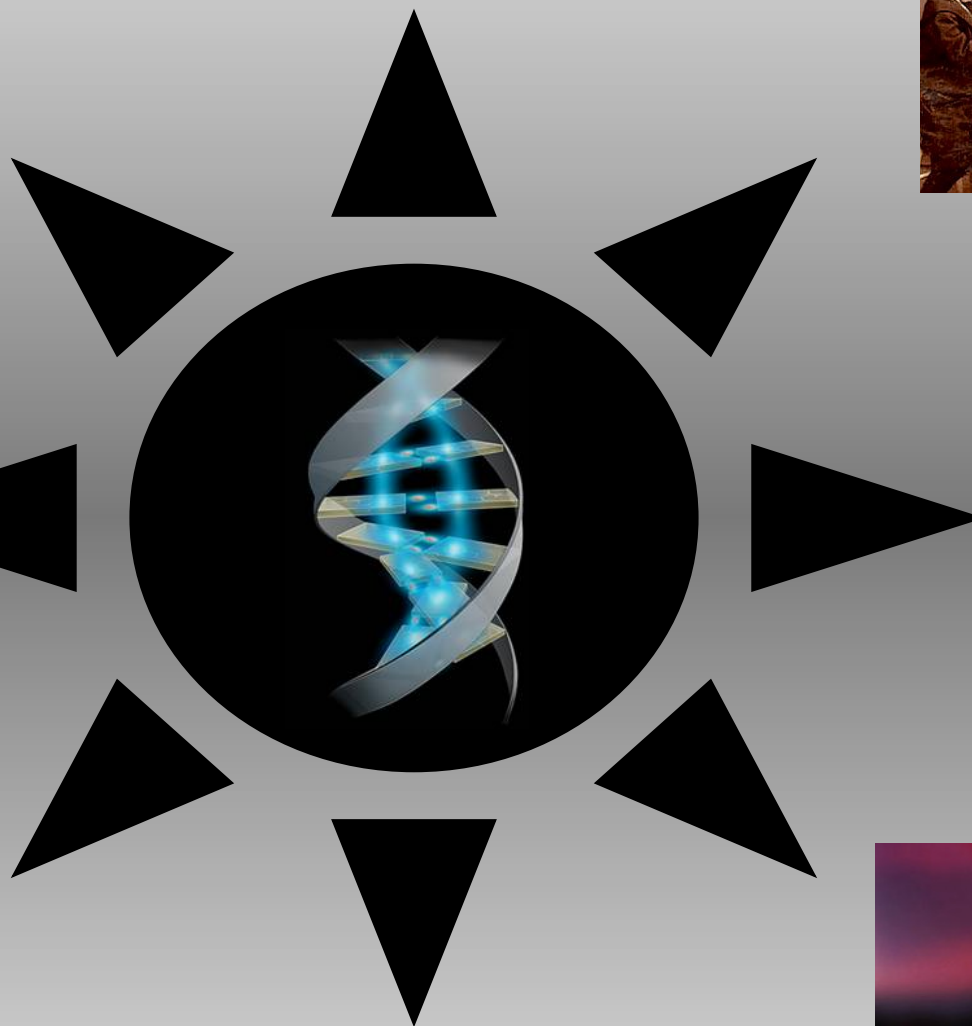
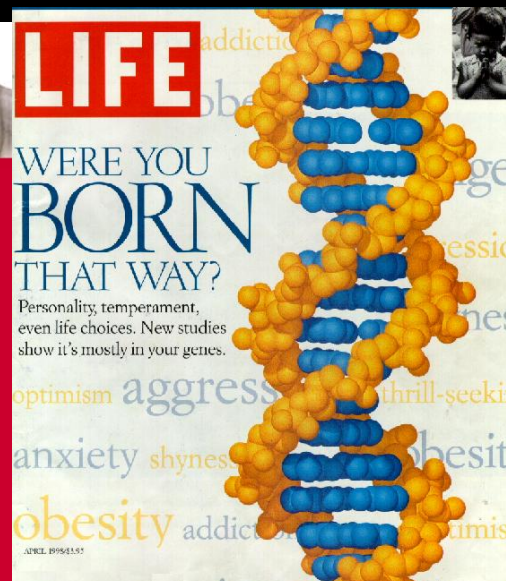




**Sir William Osler**  
**(1849-1919)**

**“Variability is the law of life, and  
as no two faces are the same,  
so no two bodies are alike,  
and no two individuals react alike,  
and behave alike under the  
abnormal conditions which we  
know as disease.”**







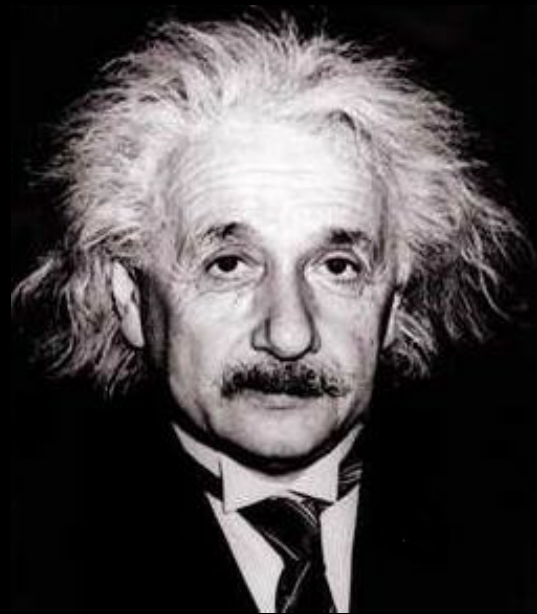


*“svelato il linguaggio  
con cui Dio ha  
creato la vita”.*

[11 Febbraio 2001-Bill Clinton]



# Paradosso del valore N: la complessità non correla con il numero dei geni.

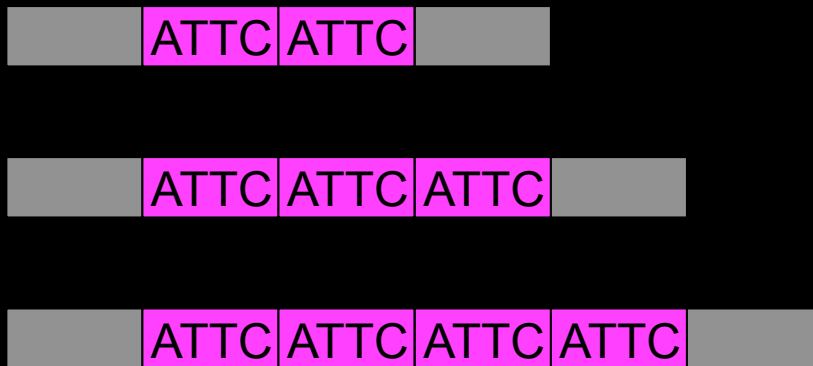


~21,000 genes

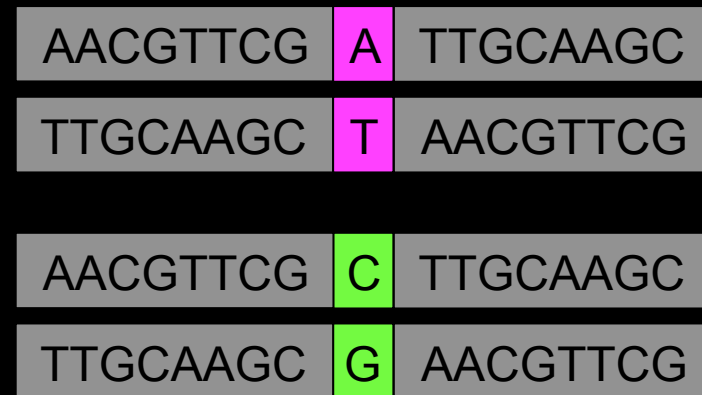


~50,000 genes

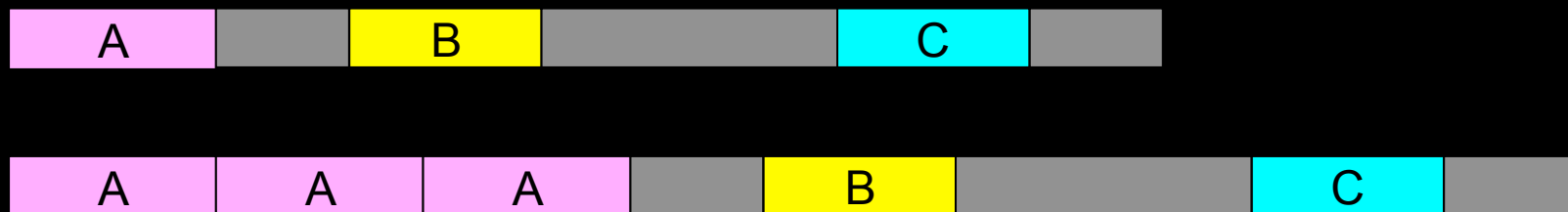
## Polimorfismi di lunghezza



## Polimorfismi di sequenza



## Copy Number Variation



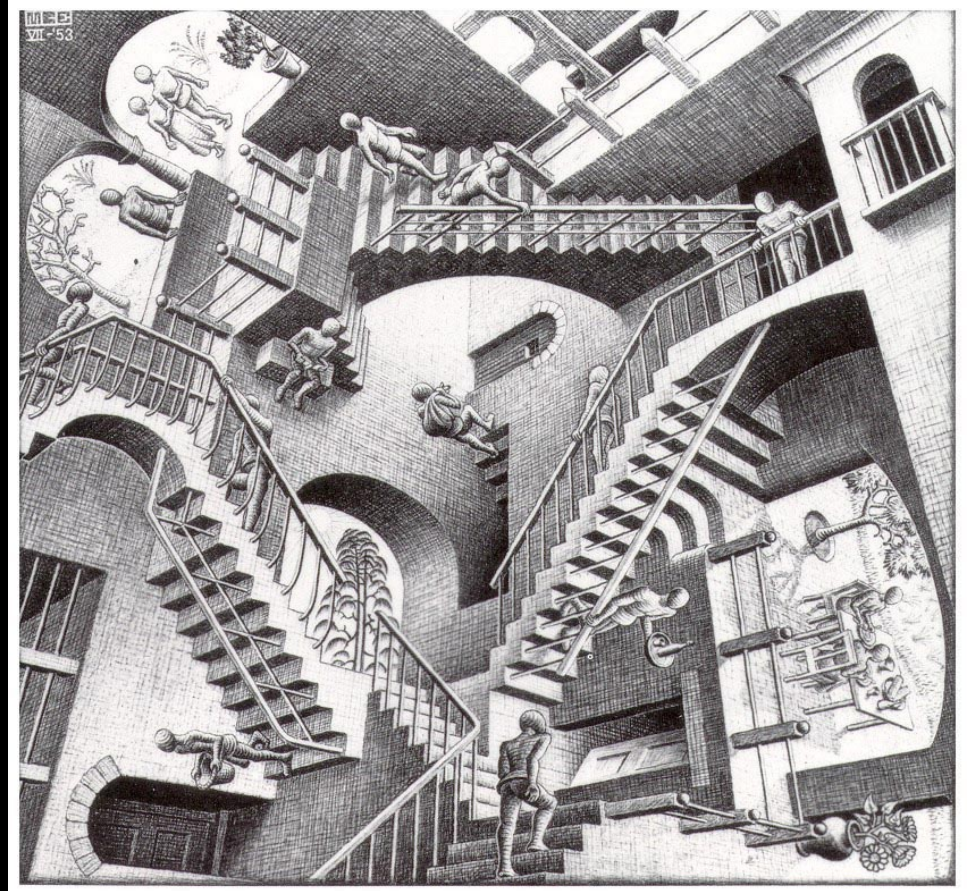
## Personalized Medicine

*“Personalized medicine” refers to the tailoring of medical treatment to the individual characteristics of each patient. It does not literally mean the creation of drugs or medical devices that are unique to a patient but rather the ability to classify individuals into subpopulations that differ in their susceptibility to a particular disease or their response to a specific treatment. Preventive or therapeutic interventions can then be concentrated on those who will benefit, sparing expense and side effects for those who will not.” —*

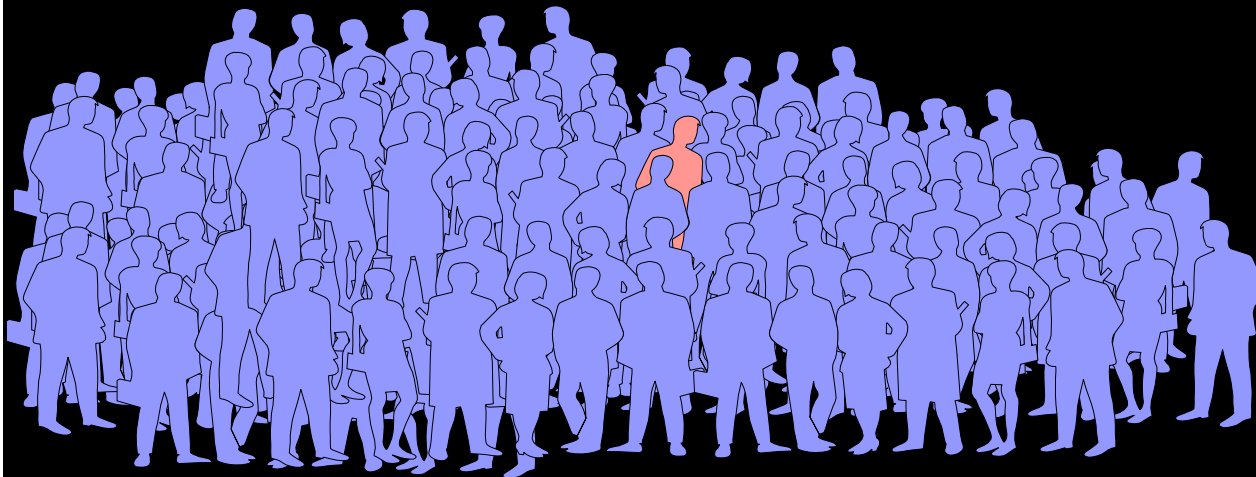
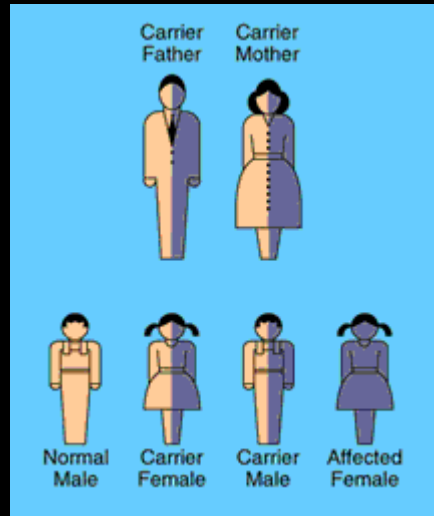


# The DNA paradox

- ✓ Your DNA identical for 99.1 percent like that of the person next to you
- ✓ The 0.9 percent difference is immensely important
- ✓ It means we differ at some millions letters
- ✓ We are both very alike and very different

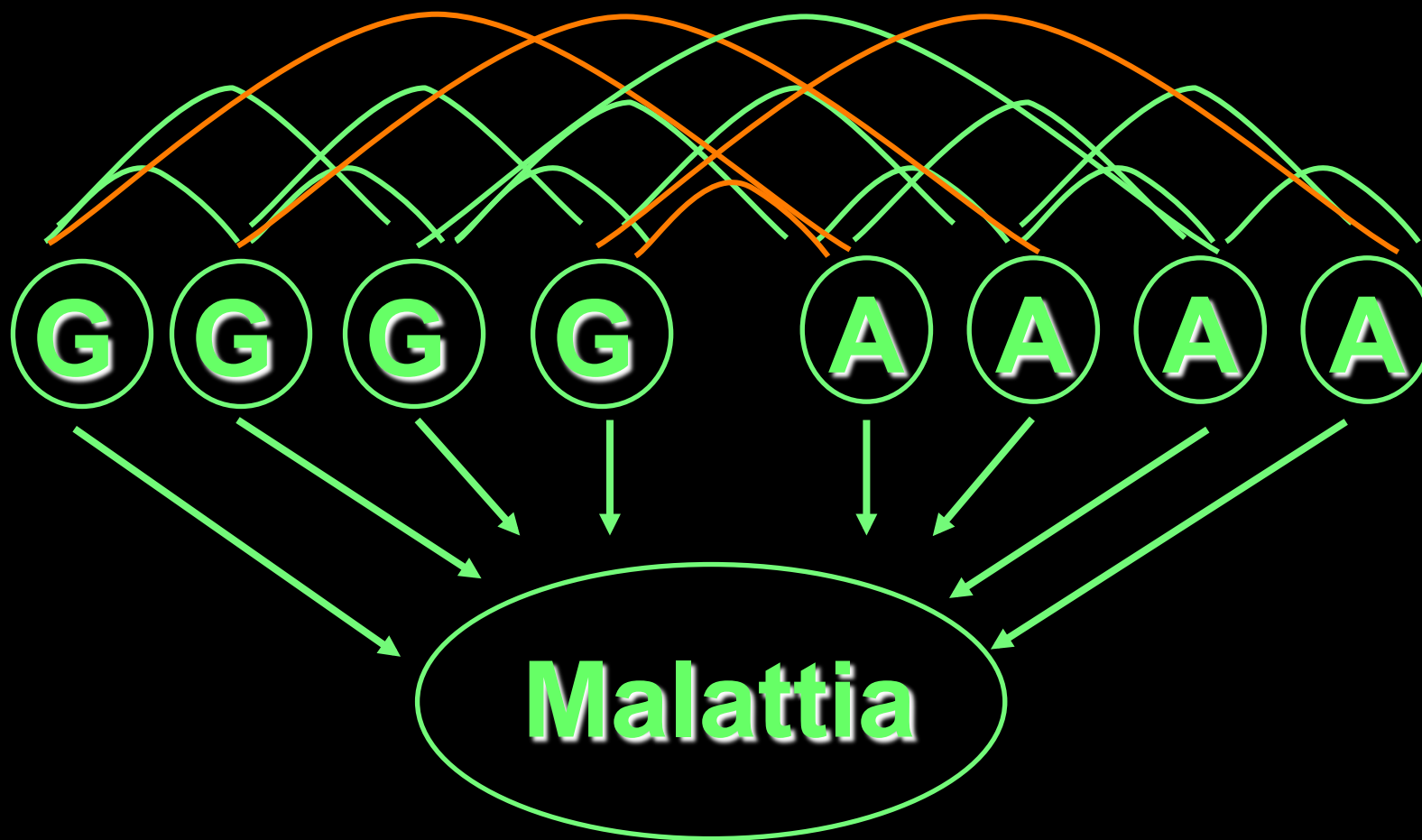


# Evoluzione del concetto di rischio



# *Malattie Complesse*

---





# Recent advances of human genetics are driven by Accelerating Technology

- In 1997 it took about a day to genotype a one Single Nucleotide Polymorphism
  - Cost was ~\$100
- Now in a matter of days one can genotype an individual at >2,000,000 sites
  - At a cost of < \$500
    - Reduction in cost of >400,000 fold



\$795 in 1977  
(=\$2,800 in  
current \$





Patients



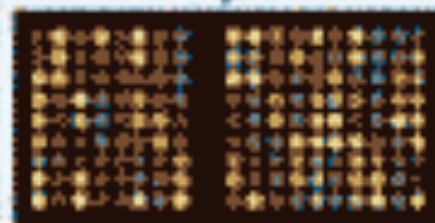
Patient DNA



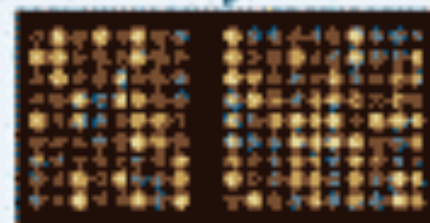
Non-Patients



Non-Patient DNA



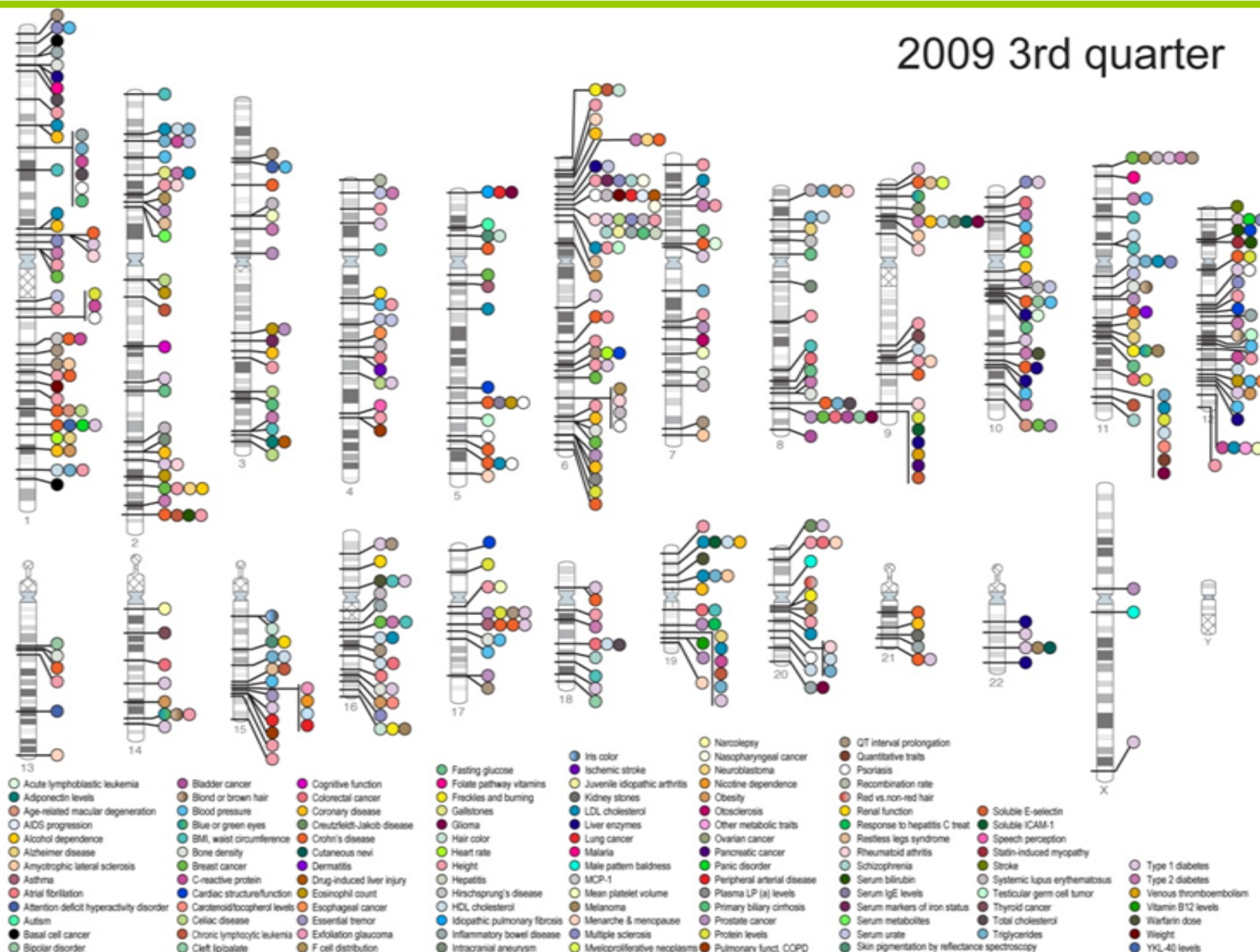
Disease-specific SNPs



Non-disease-SNPs

Compare differences  
to discover  
SNPs associated  
with diseases

# 2009 3rd quarter







# Present difficulties of the Medicine of tomorrow

1. Effect-sizes are modest for common variants  
(mostly increases by 1.1-1.5)

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6. There is great variation between studies and ethnic groups

Pathophysiological processes	Susceptibility genes
Lipid and cholesterol metabolism:	
LDL metabolism	LDLR, LDLRAP1, LRP, LRP6, APOB, APOE, PCSK9, CYP7A1, SREBP-2/SCAP, USF1, PSRC1 and CELSR2
<b>HDL metabolism</b>	<b>LCAT, apoA-1, ABCA1, SR-B1, PON, <b>LIPC, CETP</b></b>
Triglyceride metabolism	LPL, apoA5, apoC-III
Lipoprotein(a)	Apo(a)
Endothelial dysfunction	NOS3, MnSOD, KDR
Oxidative stress	CYBA, MPO, EC-SOD, GPX1, GST, UCP2, HO-1
Inflammation	Interleukins: IL-1, IL-1Ra, IL-6, IL-10
	Cytokines and cytokines receptors: TNF-, TNF-receptor, LTA
	Adhesion molecules: selectins, ICAM-I, VCAM-I, PECAM
	Chemokines and chemokine receptors: CX3CR1, CCR5, CCR2, CXCL12, RANTES, MCP-1
	Eicosanoids: ALOX5, ALOX5AP, LTA4H, LTC4S, PTGS1, PTGS2, L-PGDS
	Others: Connexin 37, MEF2A, TLR-4, CRP, TNFS4, MHC2TA
Vascular remodeling	TGF-1, MMP-1, MMP-3, MMP-7, MMP-9, MMP-12
Arterial thrombosis	Hemostatic system: Wbrinogen, prothrombin, factor V, factor VII, Factor XIII, thrombomodulin
	Fibrinolytic system: PAI-1, TAFI, t-PA
	Platelet surface receptors: glycoprotein IIb/IIIa, Ia/IIa and Ib
Cell cycle regulators	CDKN2A, CDKN2B
Vascular progenitor cell regulators	CXCL12, GATA2



Band	SNP	Gene(s) in region	Risk allele frequency (risk allele)	Odds ratio
<b>1p13.3</b>	rs599839	SORT1	0.78 (A)	<b>1.11 (1.08–1.15)</b>
<b>1q41</b>	rs17465637	MIA3	0.74 (C)	<b>1.14 (1.09–1.20)</b>
<b>2q33.1</b>	rs6725887	WDR12	0.15 (C)	<b>1.14 (1.09–1.19)</b>
<b>3q22.3</b>	rs2306374	MRAS	0.18 (C)	<b>1.12 (1.07–1.16)</b>
<b>6p24.1</b>	rs12526453	PHACTR1	0.67 (C)	<b>1.10 (1.06–1.13)</b>
<b>9p21.3</b>	rs1333049	CDKN2,CDKN2B	-	<b>1.29 (1.23–1.36)</b>
<b>10q11.21</b>	rs1746048	CXCL12	0.87 (C)	<b>1.09 (1.07–1.13)</b>
<b>10q24.32</b>	rs12413409	CYP17A1CNNM2, NT5C2	0.89 (G)	<b>1.12 (1.08–1.16)</b>
<b>12p13.2</b>	rs3736235	OLR1	0.52 (C)	<b>p&lt;0.05</b>
<b>19p13.2</b>	rs1122608	LDLR	0.77 (G)	<b>1.14 (1.09–1.18)</b>
<b>21q22.11</b>	<b>rs9982601</b>	<b>MRPS6</b>	<b>0.15 (T)</b>	<b>1.18 (1.12–1.24)</b>

# Meta-analysis of genome-wide association studies from the CHARGE consortium identifies common variants associated with carotid intima media thickness and plaque

VOLUME 43 | NUMBER 10 | OCTOBER 2011 NATURE GENETICS

**Table 1** Discovery, second stage and combined meta-analysis for common cIMT and plaque

	SNP	Chr.	Nearest gene	Alleles	Discovery GWAS					Second stage meta-analysis					Combined meta-analysis		
					AF	$\beta$	s.e.m.	<i>N</i>	<i>P</i>	AF	$\beta$	s.e.m.	<i>N</i>	<i>P</i>	$\beta$	s.e.m.	<i>P</i>
cIMT	rs11781551	8	<i>ZHX2</i>	A/G	0.48	-0.0081	0.0014	30,894	$1.3 \times 10^{-8}$	0.47	-0.0072	0.0020	10,401	0.0004	-0.0078	0.0012	$2.4 \times 10^{-11}$
	rs445925	19	<i>APOC1</i>	A/G	0.11	-0.0179	0.0033	12,395	$5.2 \times 10^{-8}$	0.10	-0.0116	0.0047	4,790	0.01	-0.0156	0.0028	$1.7 \times 10^{-8}$
	rs6601530	8	<i>PINX1</i>	G/A	0.45	0.0078	0.0015	28,124	$2.5 \times 10^{-7}$	0.46	0.0073	0.0029	4,507	0.01	0.0078	0.0014	$1.7 \times 10^{-8}$
	SNP	Chr.	Nearest gene	Alleles	AF	OR (95% CI)		<i>N</i>	<i>P</i>	AF	OR (95% CI)		<i>N</i>	<i>P</i>	OR (95% CI)		<i>P</i>
Plaque	rs17398575	7	<i>PIK3CG</i>	A/G	0.25	1.17 (1.12–1.23)		23,520	$2.8 \times 10^{-10}$	0.25	1.20 (1.07–1.35)		5,735	0.002	1.18 (1.12–1.23)		$2.3 \times 10^{-12}$
	rs1878406	4	<i>EDNRA</i>	T/C	0.13	1.21 (1.13–1.28)		24,089	$3.1 \times 10^{-9}$	0.13	1.31 (1.13–1.52)		5,738	0.0003	1.22 (1.15–1.29)		$6.9 \times 10^{-12}$

DISCOVERY COHORT

31211 participants

9 GWAS

2.5 millions SNPs

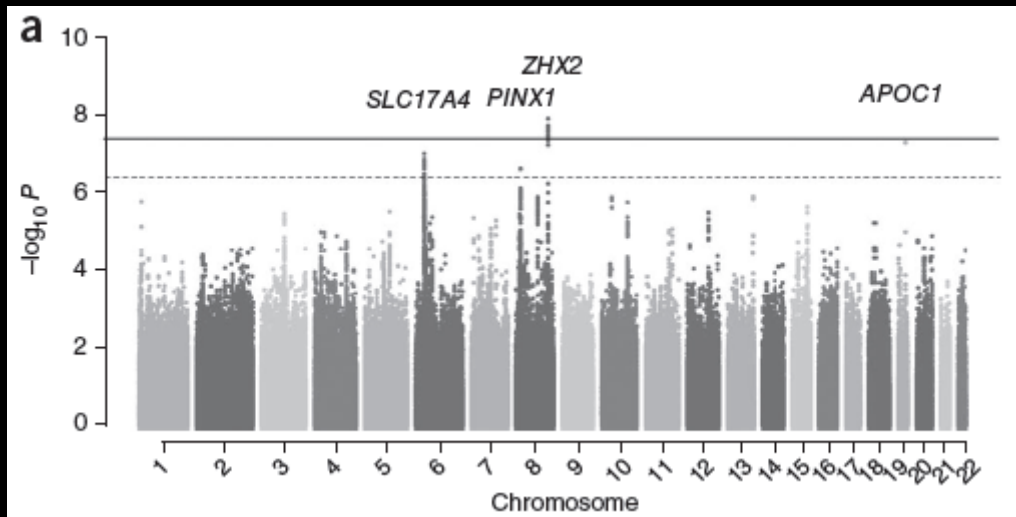
REPLICATION COHORT

11273 participants

7 GWAS

2.5 millions SNPs

## COMMON cIMT

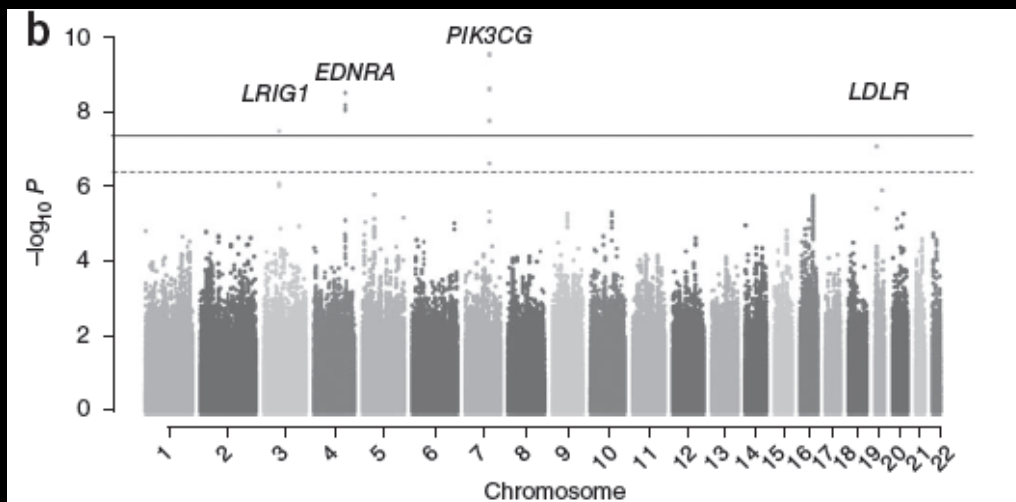


*ZHX2*: transcriptional repressor

*APOC1*: low-density lipoprotein metabolism. modulate the interaction of APOE with beta-migrating VLDL and inhibit binding of beta-VLDL to the LDL receptor-related protein.

*PINX1*: telomere maintenance. telomerase inhibitor

## PLAQUE



*PIK3CG*: platelet biology, maintenance of functional integrity of epithelia

*EDNRA*: endothelial dysfunction. endothelin receptor A associated with blood pressure, atherosclerosis and CVD.

# SCIENTIFIC EVIDENCE ≠ CLINICAL UTILITY

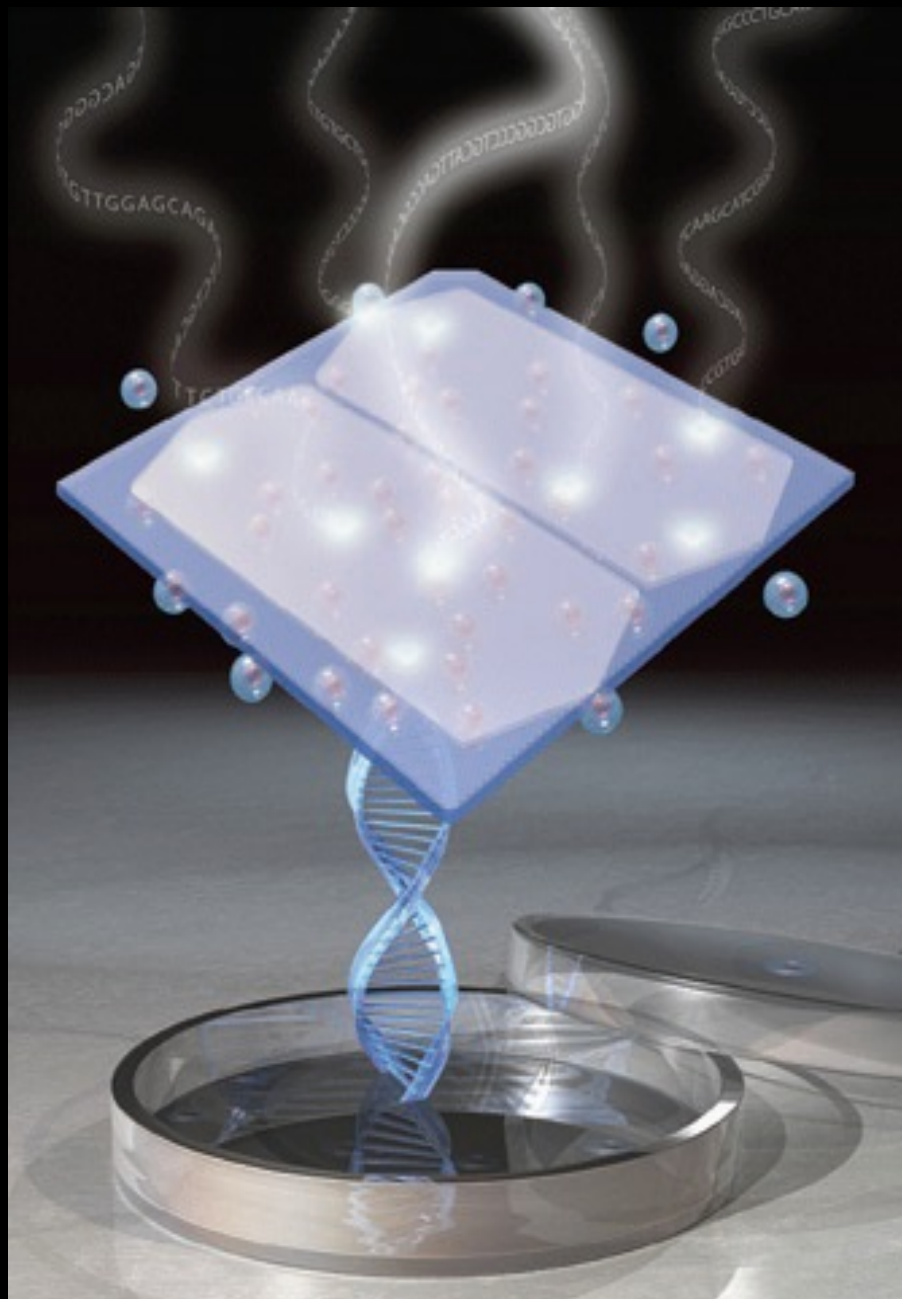


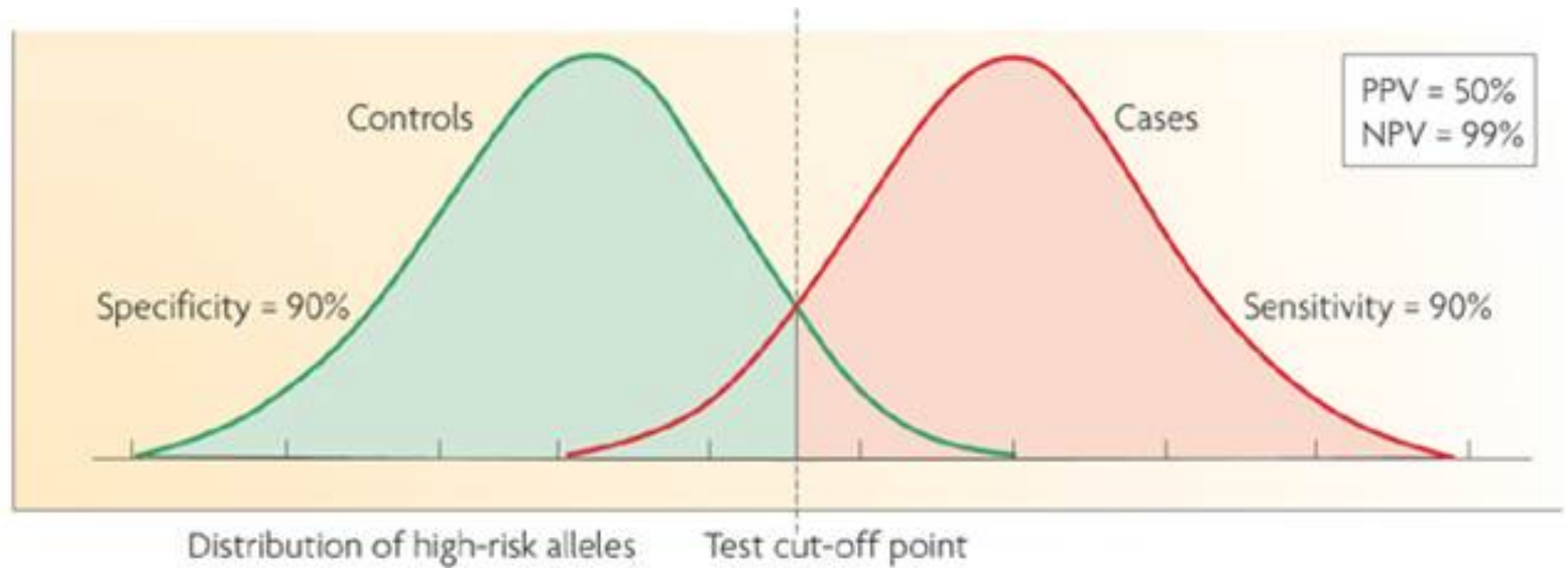


The main goal of these studies is not prediction of individual risk but rather discovery of biologic pathways underlying polygenic diseases and traits.



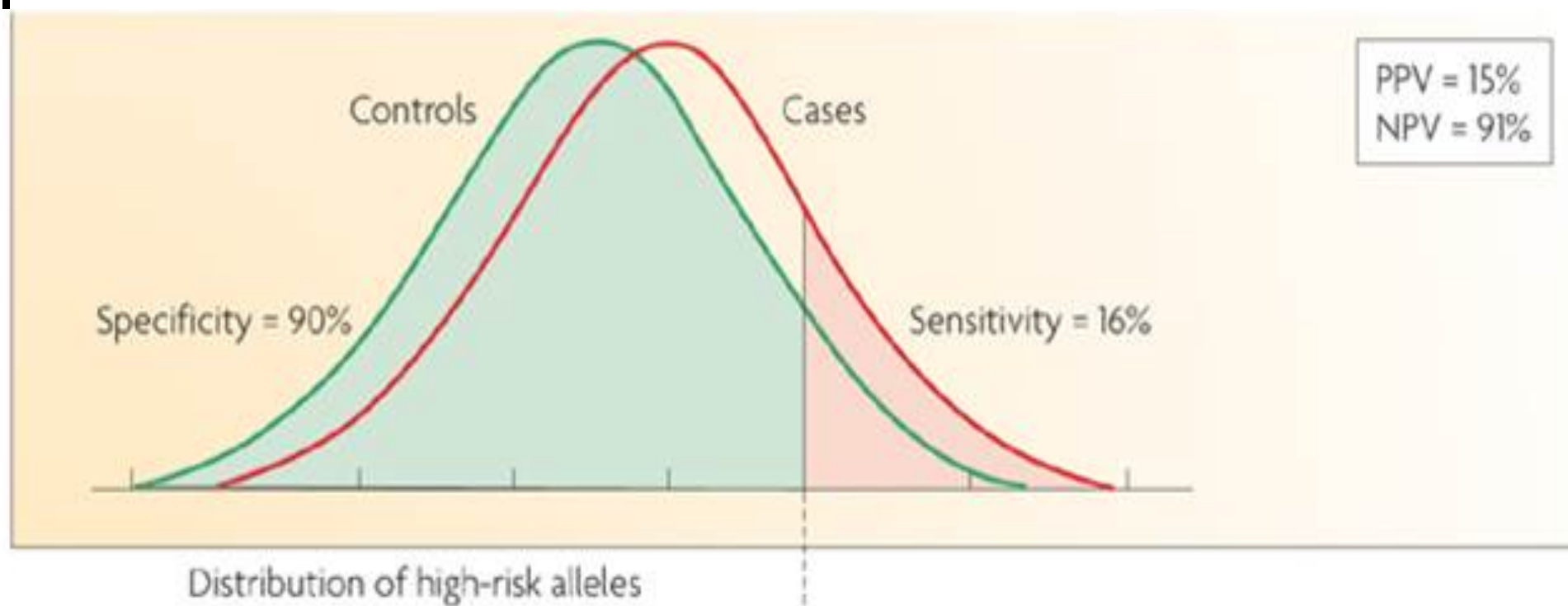
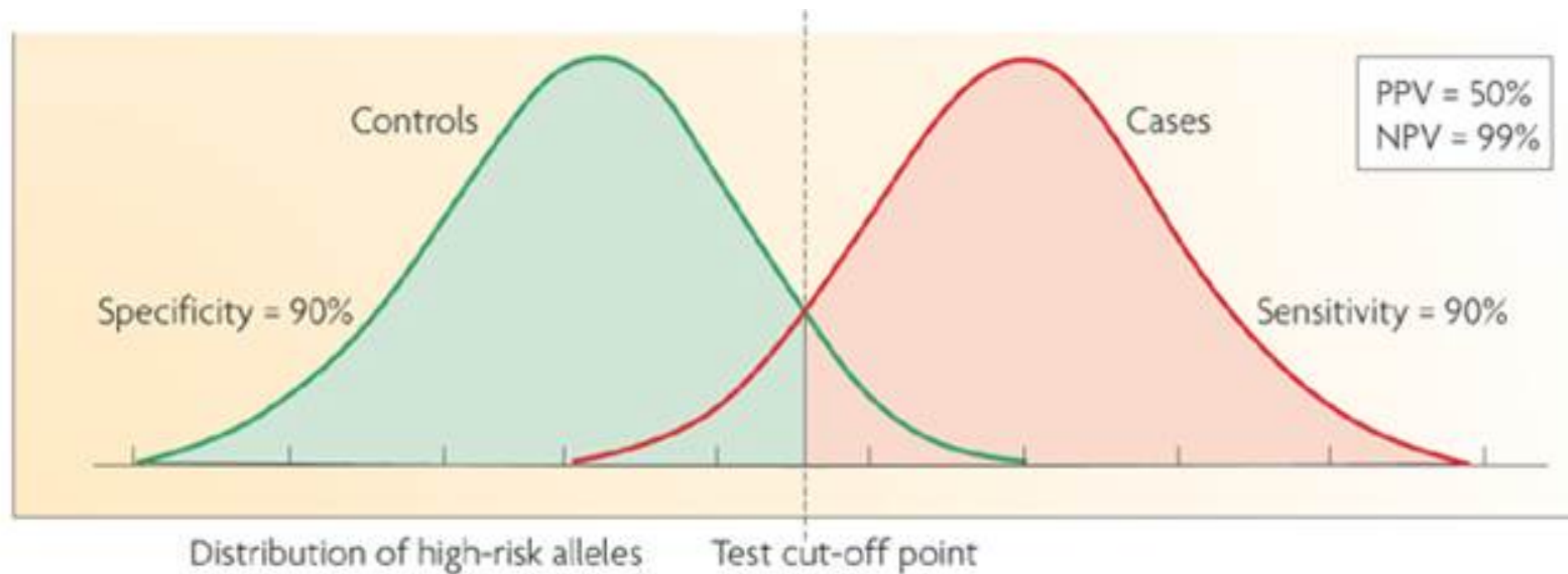






**Genetic profiles different between cases and controls**

**Discrimination between at risk and protective individuals**



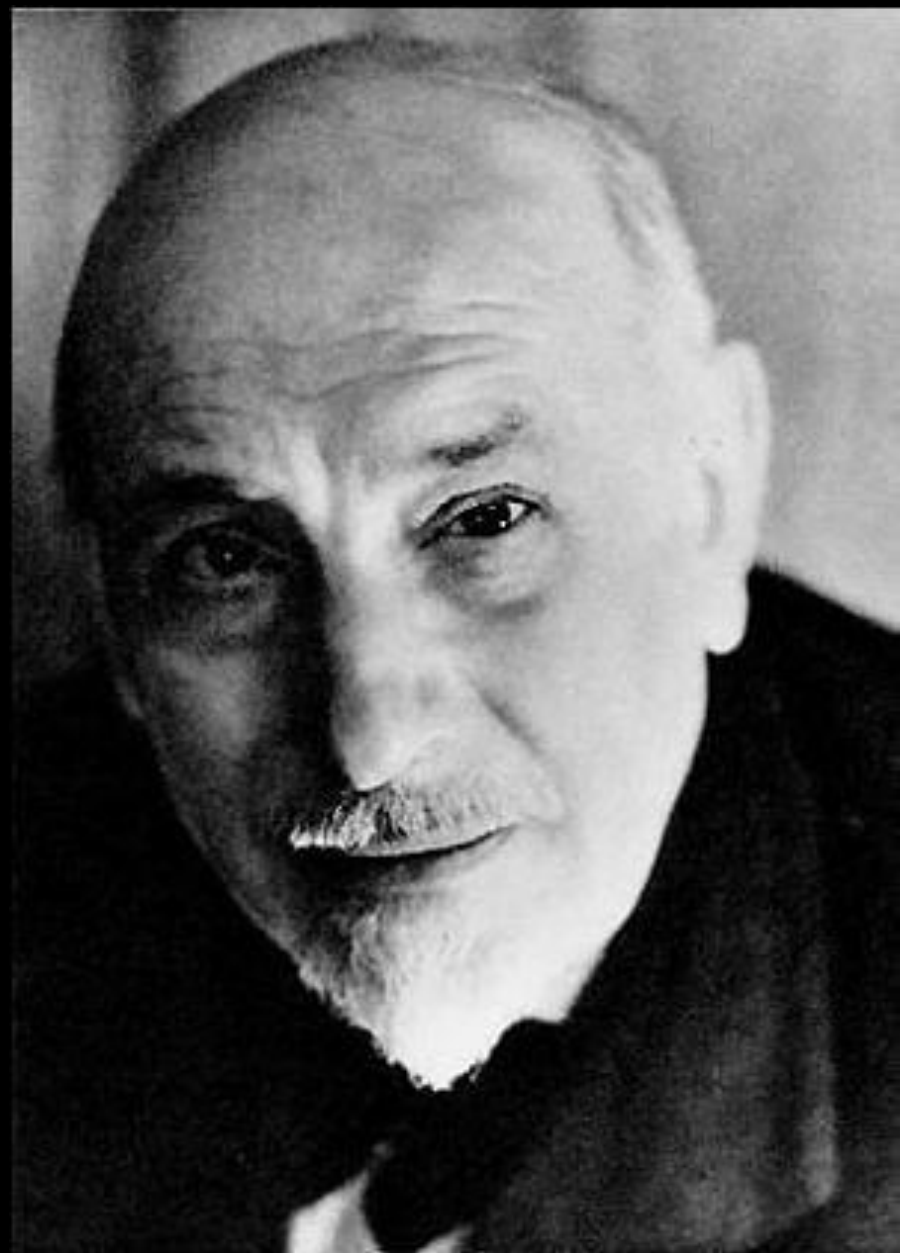




# Risk Estimates Differ for the same individual between different commercially available tests

Condition	23andMe Risk Susannah Wedgewood	DeCODE Risk Susannah Wedgewood
Age-Related Macular Degeneration	0.623	0.25
Breast Cancer	1.13	1.16
Celiac Disease	0.471	0.38
Colorectal Cancer	0.99	1.149
Crohn's Disease	0.907	2.29
Heart Attack	0.989	0.87
Multiple Sclerosis	1.365	1.52
Obesity	1.018	1.05
Prostate Cancer	1.03	0.85
Restless Leg Syndrome	0.75	1.6
Rheumatoid Arthritis	1.381	2.32
Type 1 Diabetes	0.56	0.46
Type 2 Diabetes	0.808	0.76
Venous Thromboembolism	0.976	0.88



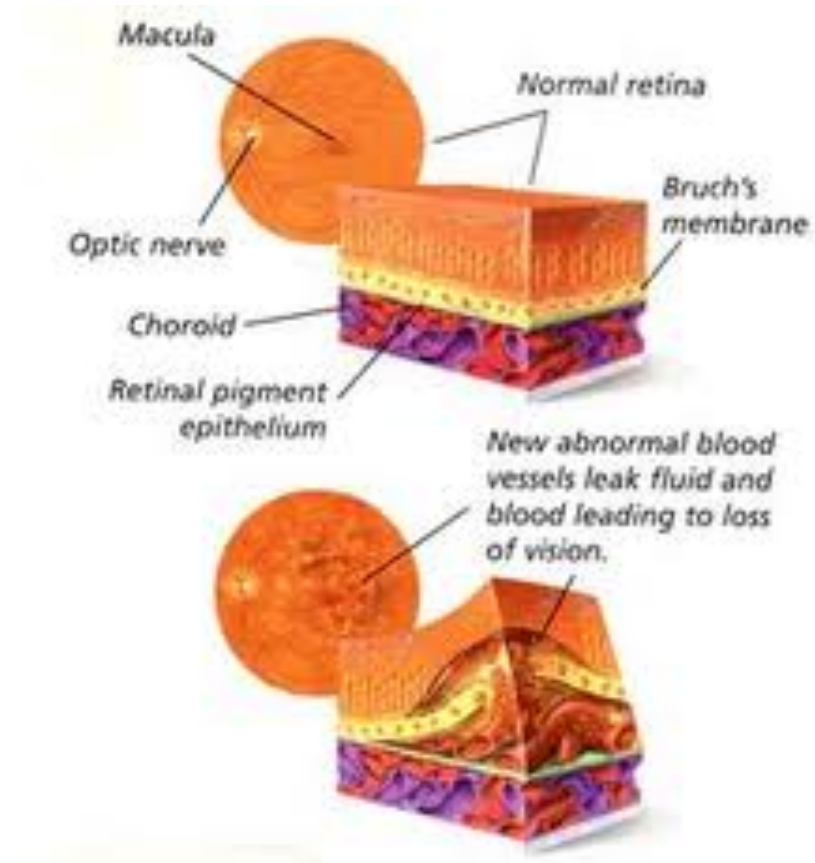








# DEGENERAZIONE MACULARE LEGATA ALL' ETA'



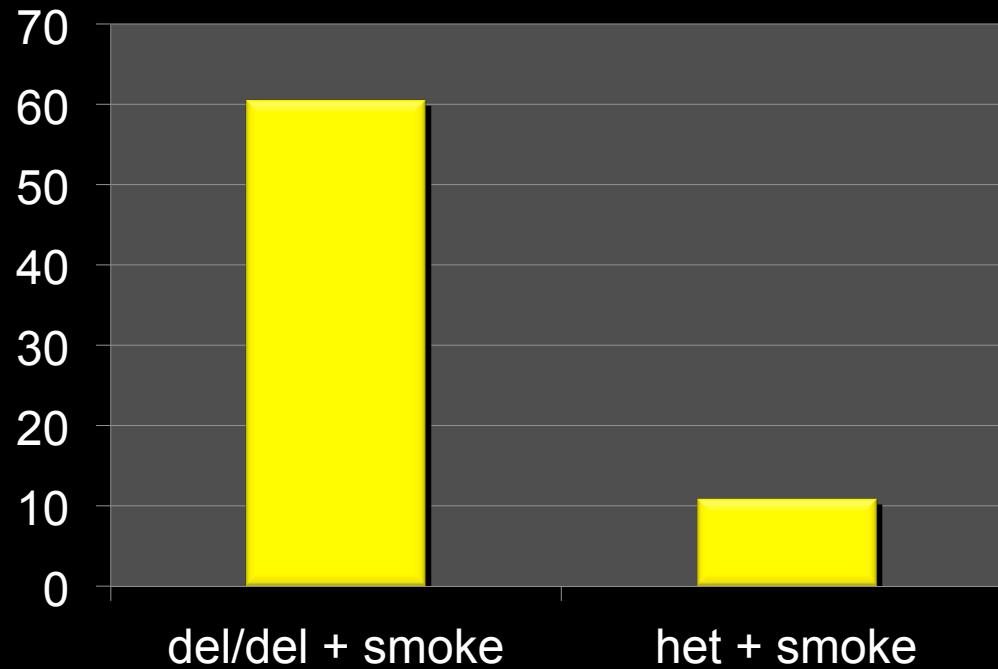
La DMLE è dovuta all' accentuazione ed accelerazione dei fisiologici processi di invecchiamento della retina, in particolare a carico dell' epitelio pigmentato retinico e della membrana di Bruch.

# INCIDENZA

- E' la principale causa di perdita irreversibile della funzione visiva centrale nei soggetti di età superiore a 65 anni che vivono nei paesi industrializzati.
- Incidenza annua: 600mila-1milione e 100 mila in USA. 150.000 –275.000 in Italia.
- Fattori esogeni (alimentazione,radiazioni UV,fumo, ecc.)



# ARMS2

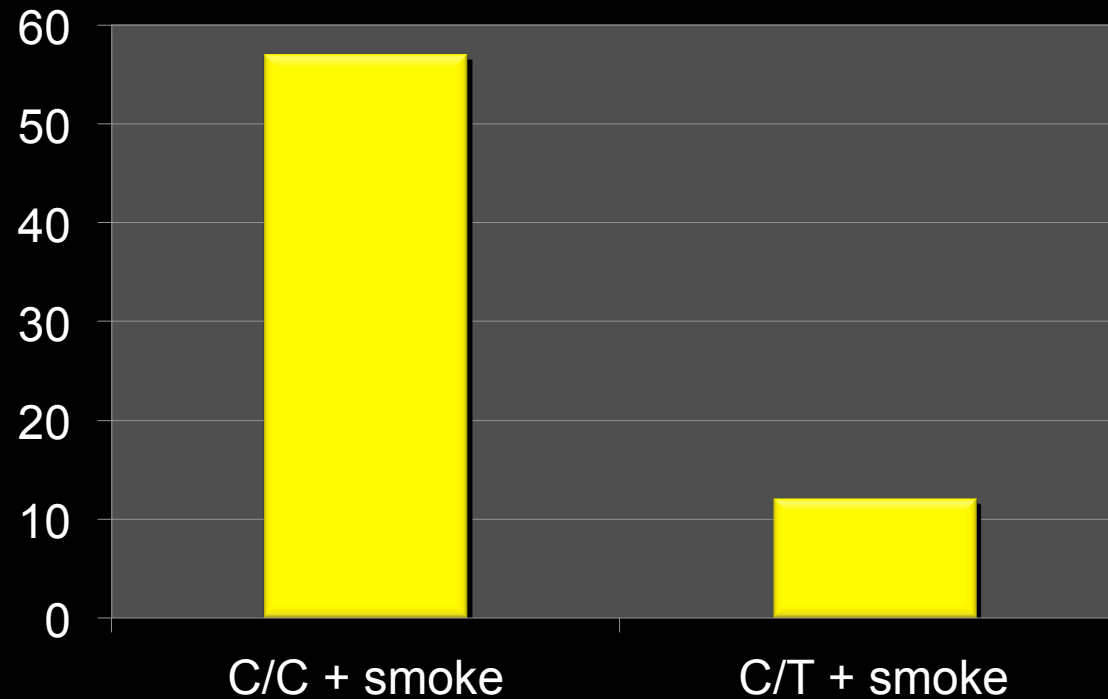


■ OR (cases vs controls)

Genotype	OR (cases vs controls)
del/del	20.61 (8.83-48.11)
del/del + smoke	60.5 (13.69-267.40)
het	3.18 (2.01-5.03)
het + smoke	10.95 (6.07-19.74)



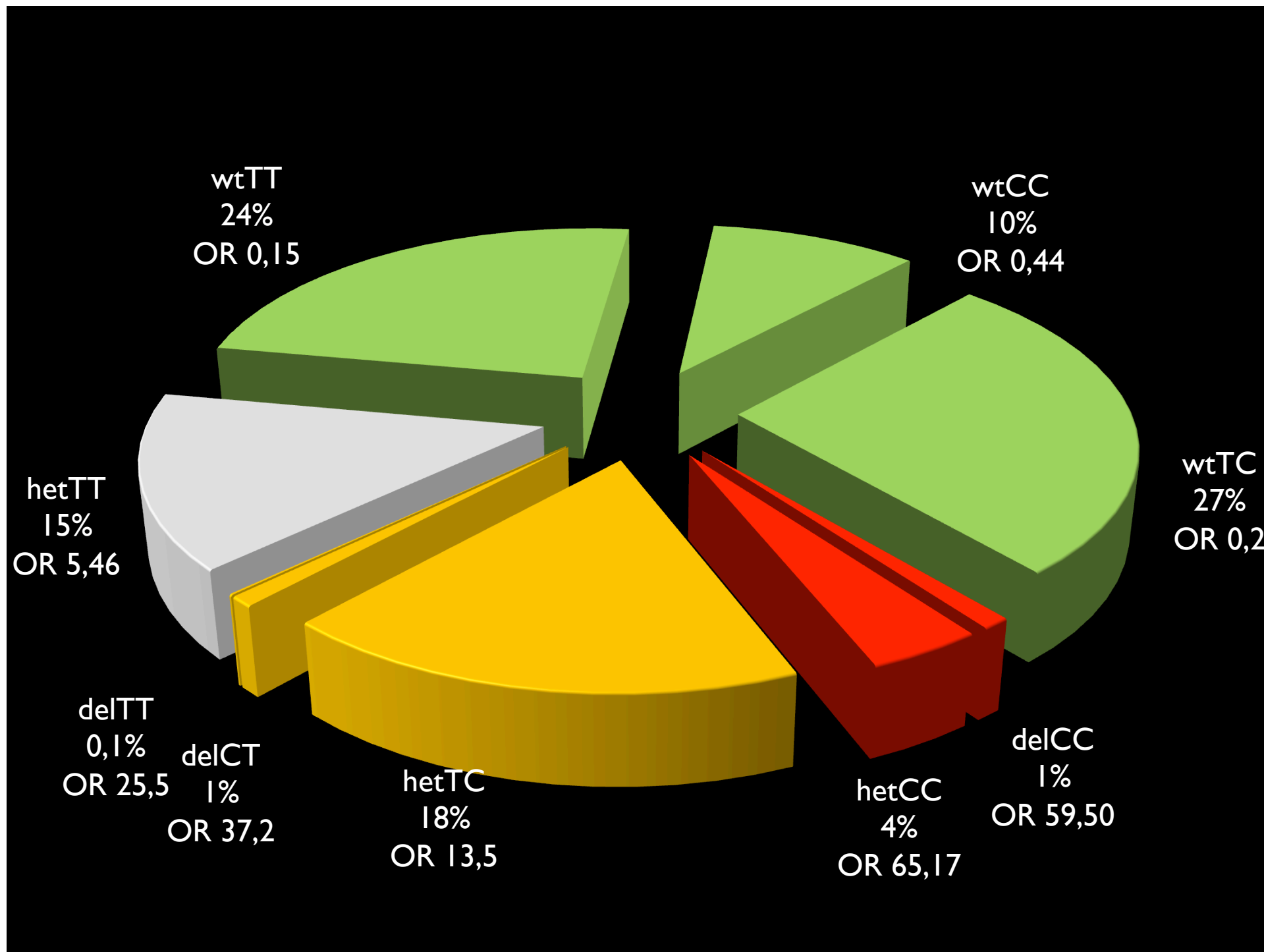
# CFH Y402H

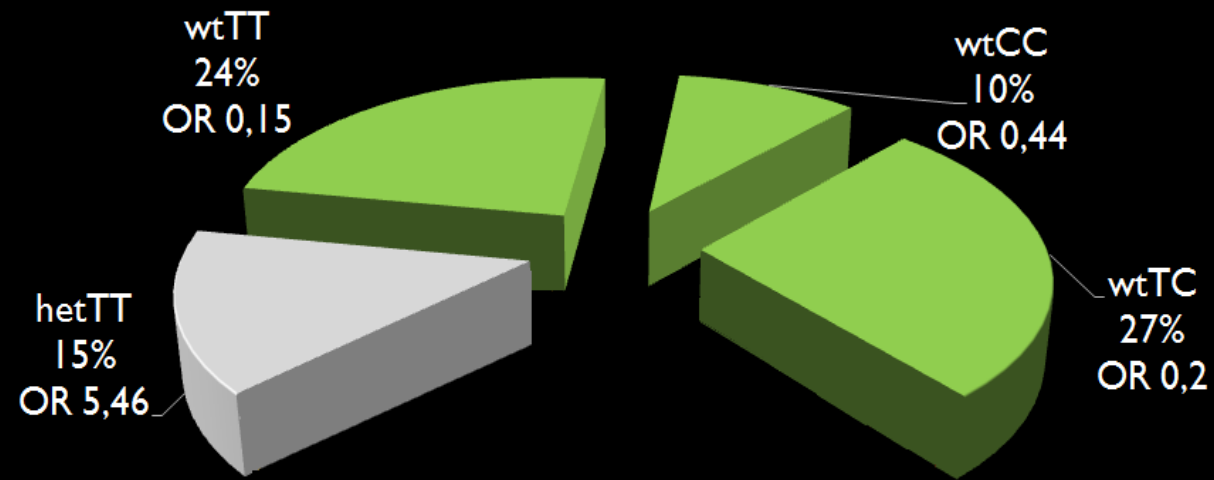


■ OR (cases vs controls)

Genotype	OR (cases vs controls)
C/C	13.06 (6.27-27.19)
C/C + smoke	57 (16.12-201.54)
C/T	2.88 (1.76-4.72)
C/T + smoke	12.15 (6.51-22.67)

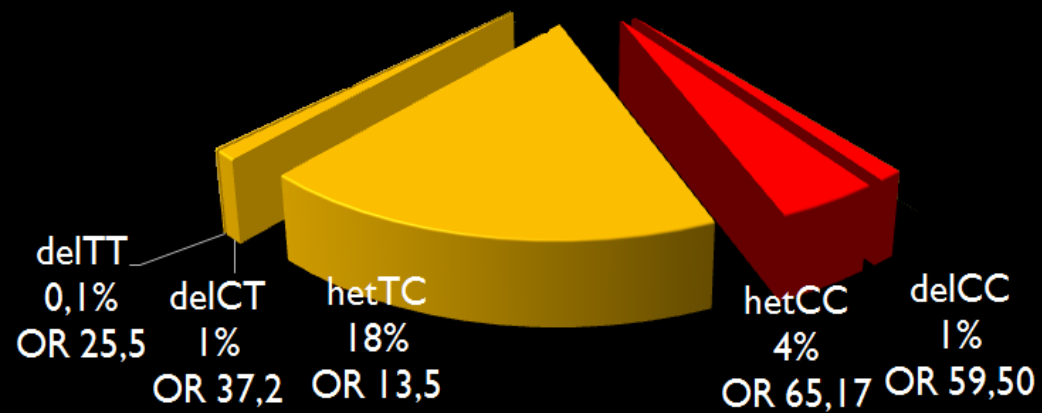




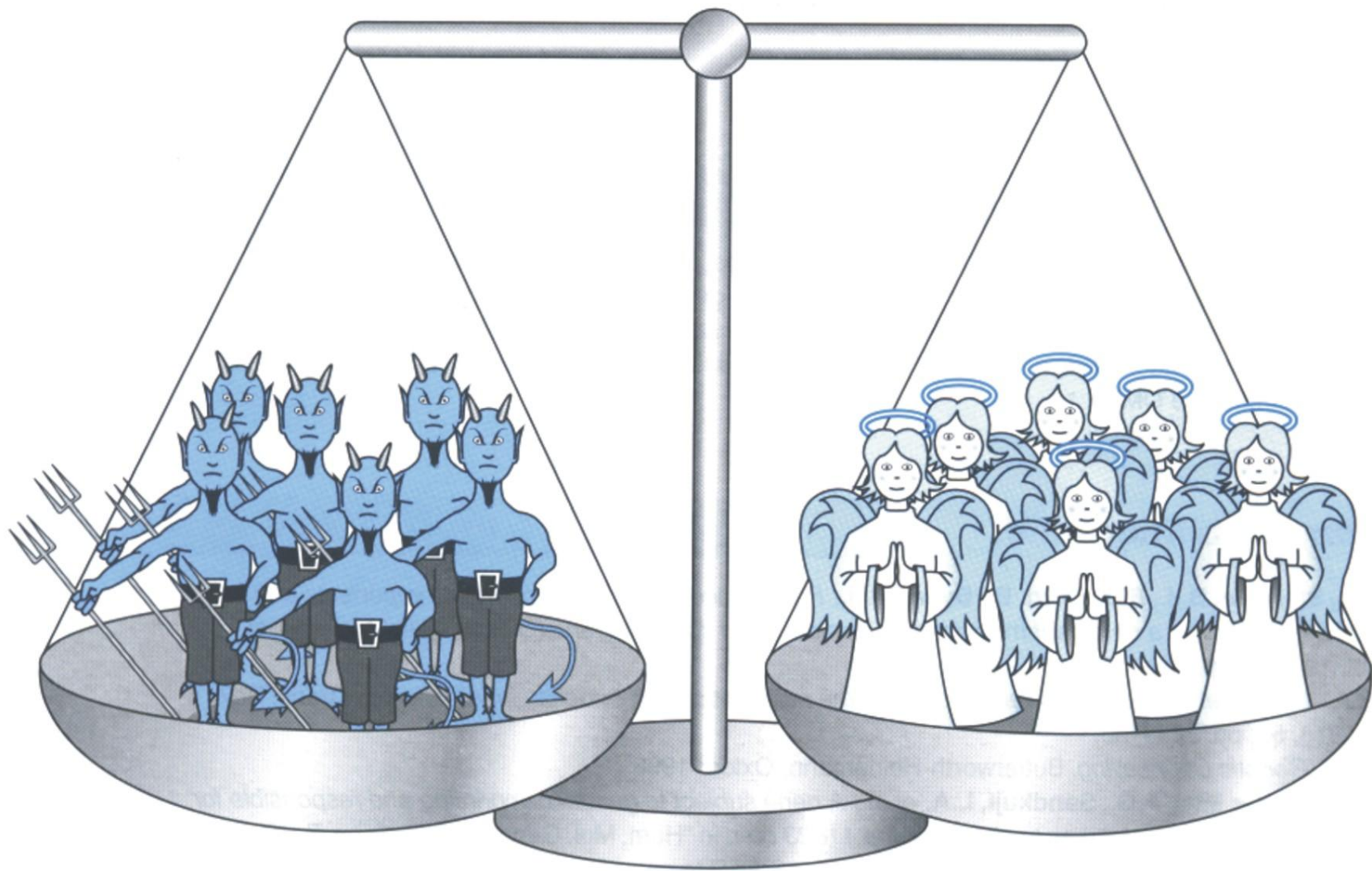


76%

24%









**GOOD OR EVIL**

Who Decides?



**Gli yanomamo sono  
perfettamente  
adattati al loro  
ambiente e alla loro  
dieta.**

# L' esempio dell' ipertensione



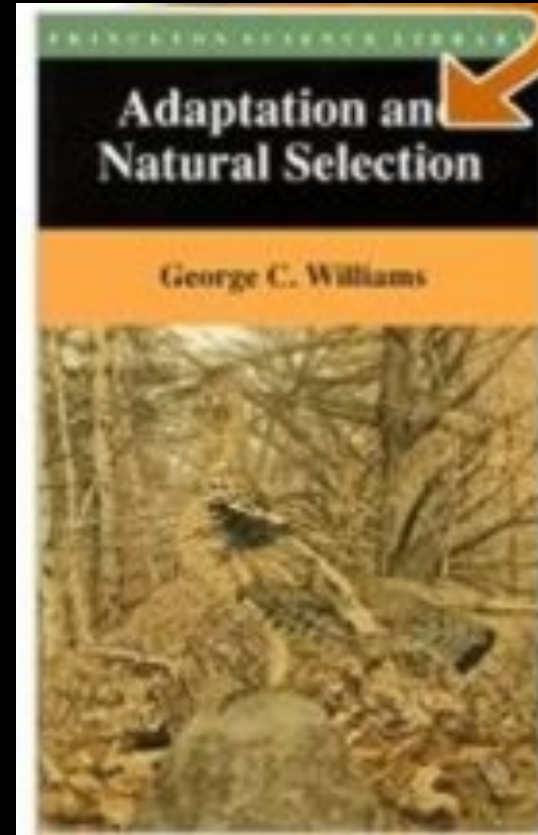
Yanomamo indians  
(Brasile)

10mg di sodio/die (1/1000 della media)





**George C. Williams**



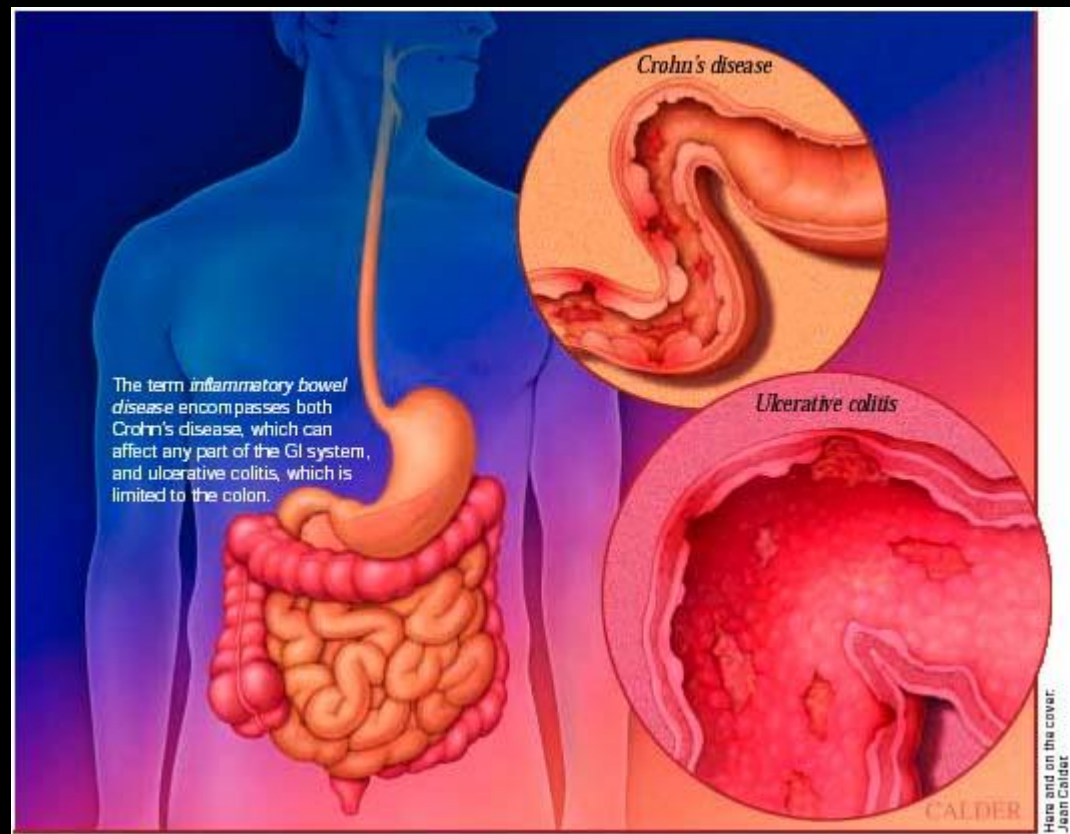
**“Pleiotropy is the ultimate reason for all these things.”**

# L' esempio degli ebrei Ashkenazi





Gli ebrei Ashkenazi (mid-east Europe) hanno alte frequenze di IBD, per reazione alla costrizione nei ghetti dove le condizioni sanitarie erano mediocri e la popolosità elevata.



# Le malattie della “Coca-colonizzazione”

ictus

Cancro mammella

Diabete

Obesità

Patologie dell'intestino



Depressioni-manie

Infarto del miocardio

Iperensione

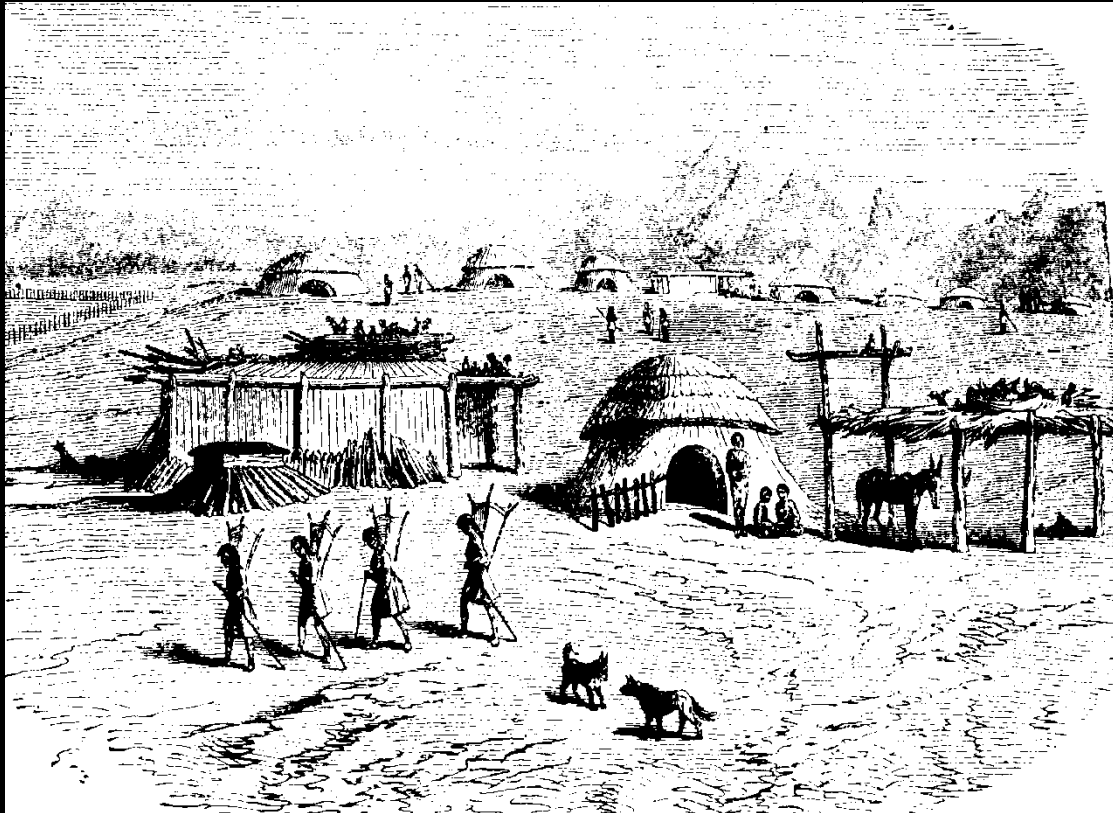
ipercolesterolemia

Schizofrenia

# La coca-colonizzazione anche negli zoo...



# L' esempio degli Indiani Pima



- Popolazioni caratterizzate da ridotto consumo energetico basale, insulinoresistenza muscolare ed epatica (con minor consumo e maggior produzione di glucosio nei periodi di carenza per preservare la funzione vitale cerebrale glucosiodipendente), ed ultimamente anche implicazioni della insulinoresistenza su una riduzione della funzione ovarica che avrebbe così rappresentato un controllo automatico della fertilità vantaggioso dal punto di vista evoluzionistico (minore fertilità in carenza di cibo).





**“i geni vecchi in un ambiente nuovo”**



1888

2000

## L' esempio di Apo E

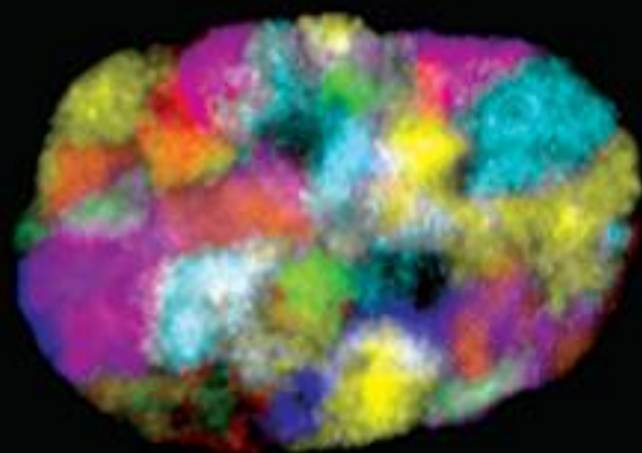
- *ApoE* (19q13) codifica per una lipoproteina deputata al trasporto del colesterolo e dei fosfolipidi.
- Lipidi e lipoproteine sembrano svolgere un ruolo protettivo nei confronti degli agenti virali.
- Nel cervello, in età adulta, questo gene da protettivo diventa di suscettibilità per la malattia di Alzheimer

# L' esempio delle IBDs

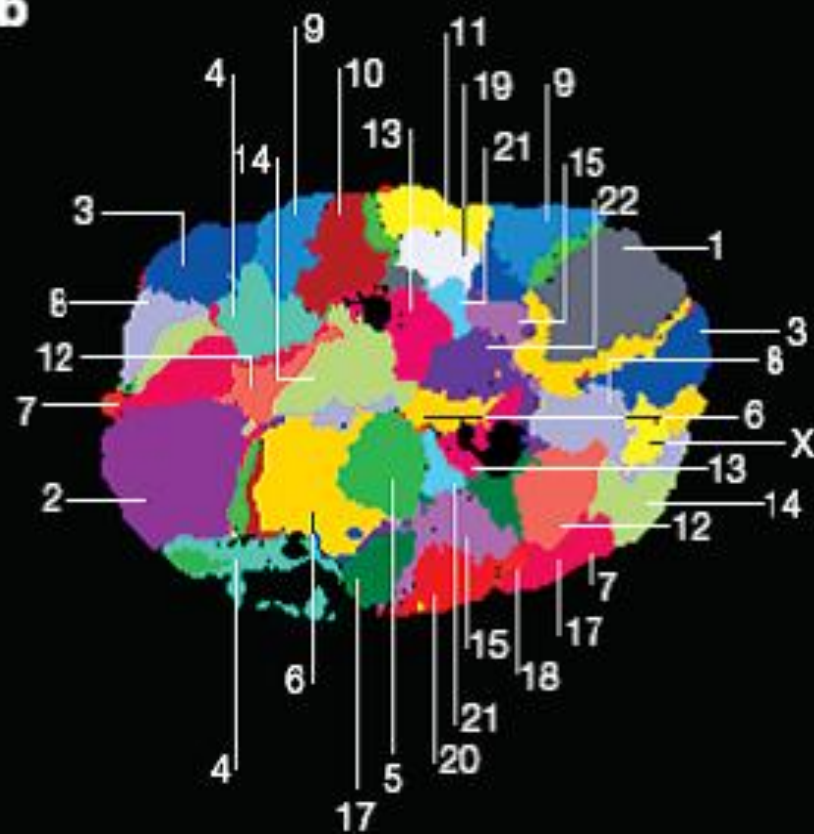
- I geni che predispongono alle IBD hanno un ruolo protettivo nei confronti delle infezioni mucosali nei paesi non industrializzati.
- Nei paesi industrializzati, non essendoci più la continua esposizione agli agenti patogeni, si sviluppa una reazione autoimmune che causa, ad esempio, il morbo di Crohn.



**a**



**b**



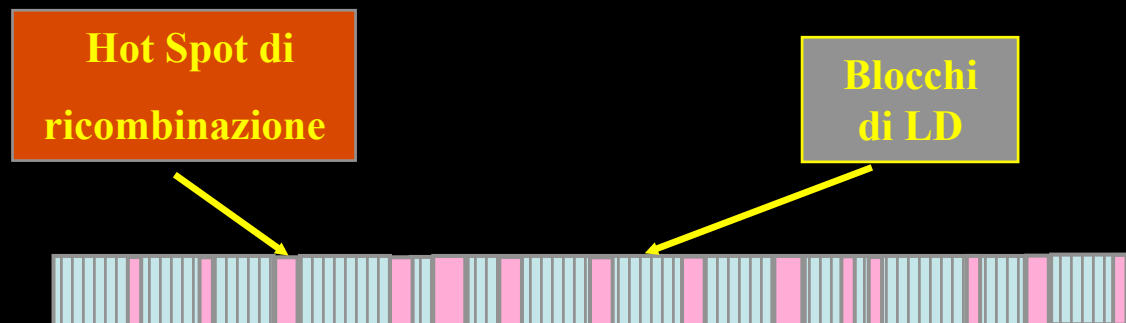






**Ridotta variabilità (LD), maggiore facilità  
di mappare geni di suscettibilità**

**Il numero di SNPs da caratterizzare diminuisce,  
poiché non sono indipendenti tra loro**



[...] Essendo ingenerato è anche imperituro,  
tutt' intero, unico, **immobile e senza fine**.  
Non mai era né sarà, perché è ora tutt' insieme,  
uno, continuo. Difatti quale origine gli vuoi cercare?  
Come e donde il suo nascere? Dal non essere non ti  
permetterò né  
di dirlo né di pensarlo. Infatti non si può né dire né  
pensare  
ciò che non è.

(Parmenide, *I presocratici. Testimonianze e frammenti*,)



(515-450 circa aC).

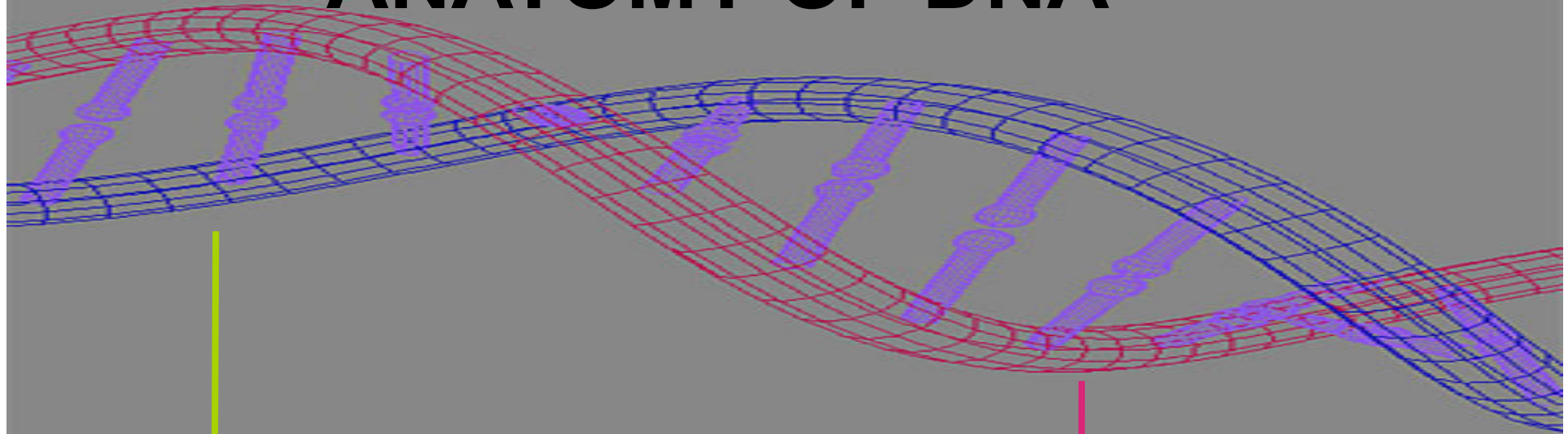
**...tutto scorre...niente permane**



(Efeso ca. 520- 460 a. C.)



# ANATOMY OF DNA



**CORE BIOLOGY FUNCTION GENES  
NO NEED FOR GREAT VARIABILITY  
BLOCKED REGIONS**

**ENVIRONMENTAL/INTERACTION GENES  
NEED FOR GREAT VARIABILITY  
POLYMORPHIC REGIONS**



October, 2006

nature.com/naturegenetics

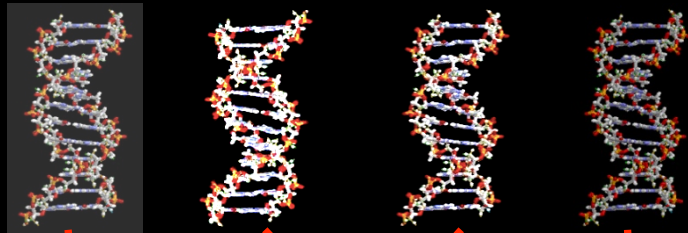
# Mammalian ultraconserved elements are strongly depleted among segmental duplications and copy number variants

Adnan Derti<sup>1-4</sup>, Frederick P Roth<sup>1,5</sup>, George M Church<sup>2,3</sup> & C-ting Wu<sup>6</sup>

...ultraconserved elements (UCEs) are believed to be important for functions involving DNA binding, RNA processing and the regulation of transcription and development.



Different  
individuals

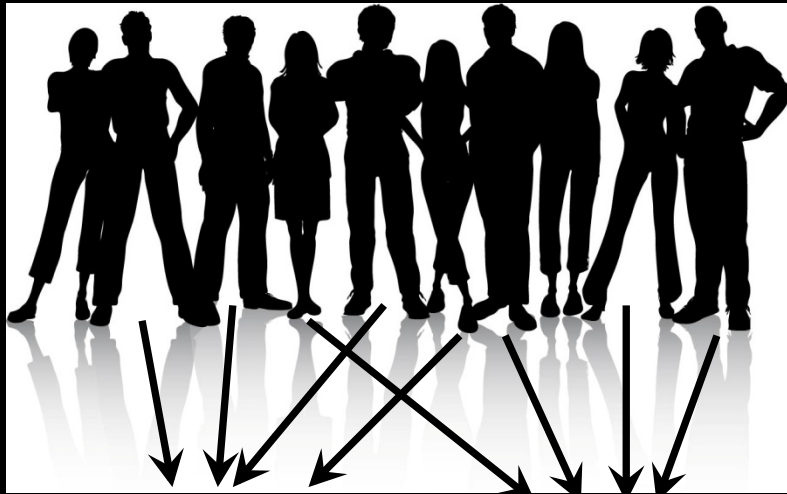


Different  
genomes



Different  
outcomes

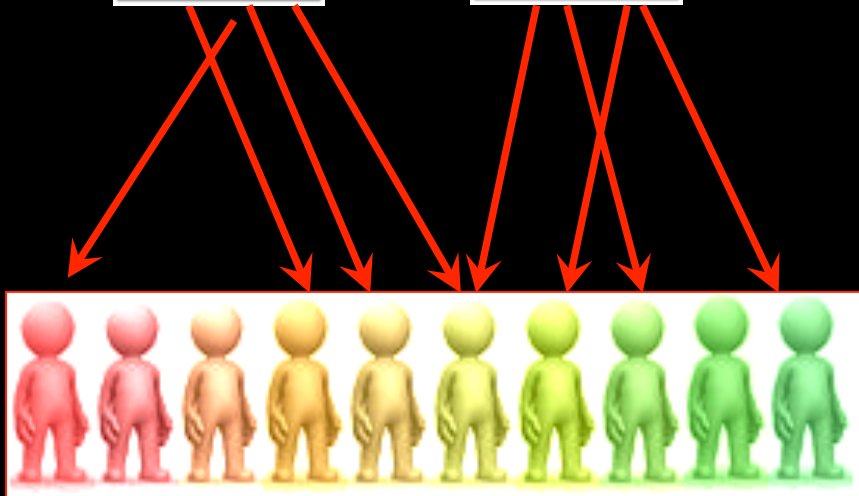




Different  
individuals



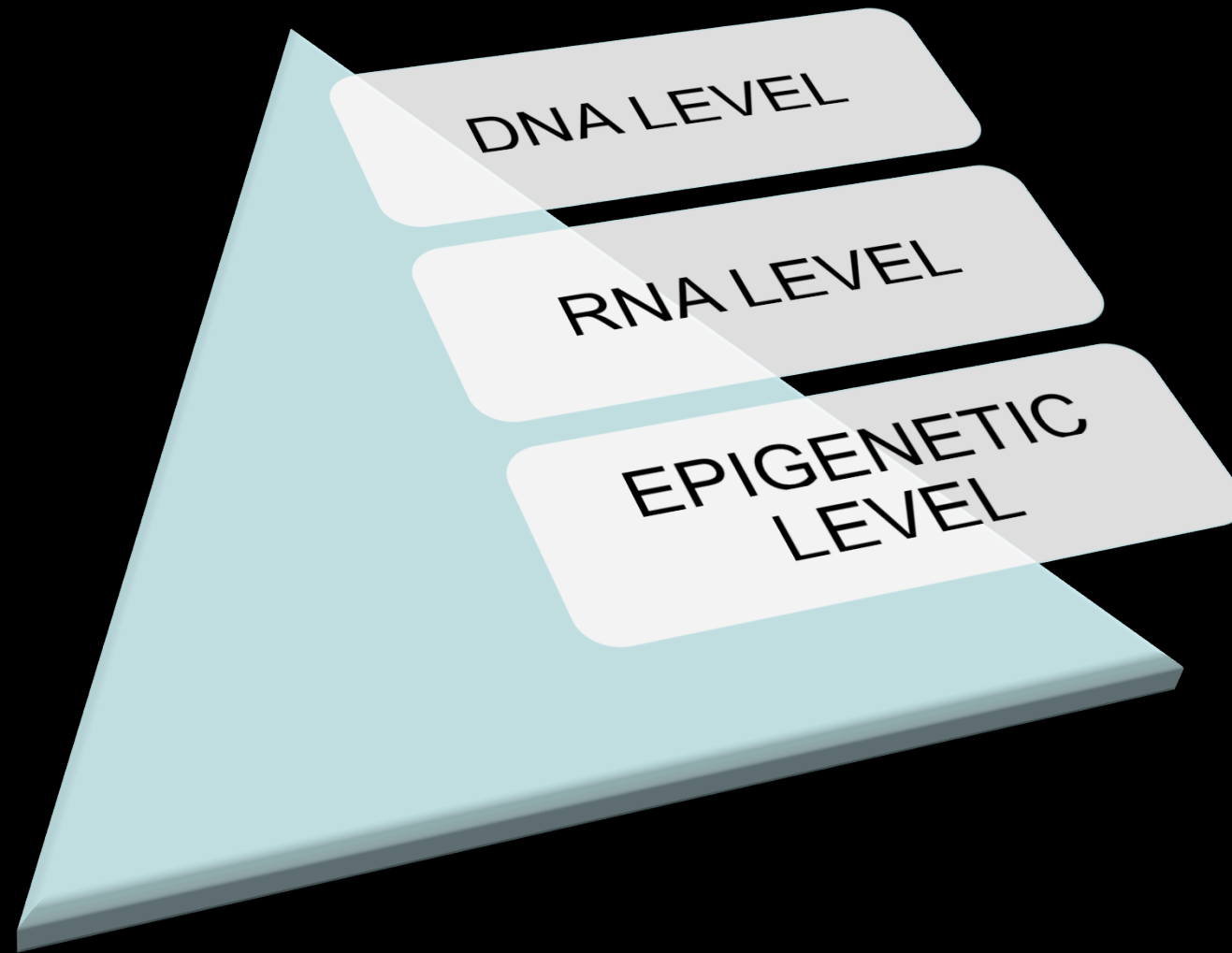
Similar genetic  
risk profiles



Different  
outcomes



# DNA IS NOT THE ONLY SOURCE OF PHENOTYPIC VARIATION



The epigenome includes DNA methylation, nucleosome occupancy, histone deacetylation and other histone modifications, and corresponding coding and non-coding RNA.



# From a static to a dynamic view of genetic risk

- ✓ variation in chromatin states is common in humans and could therefore provide an additional source of phenotypic variation
- ✓ chromatin differences between individuals can exist independently of DNA sequence polymorphisms
- ✓ the dynamic quality of epigenetic modification, which stands in contrast to static nucleotide sequence information, provide the basis for an individual's response to a constantly changing environment

✓ Epigenetic factors affect the expression of drug-metabolizing enzymes, drug transporters, and nuclear receptors that regulate the expression of various genes and ultimately affect the response to drug



- A SINGLE MAMMALIAN GENOME RESULTS IN DIFFERENT GENE PATTERNS IN ABOUT 200 DIFFERENT CELL TYPES AT DIFFERENT STAGES OF DEVELOPMENT.

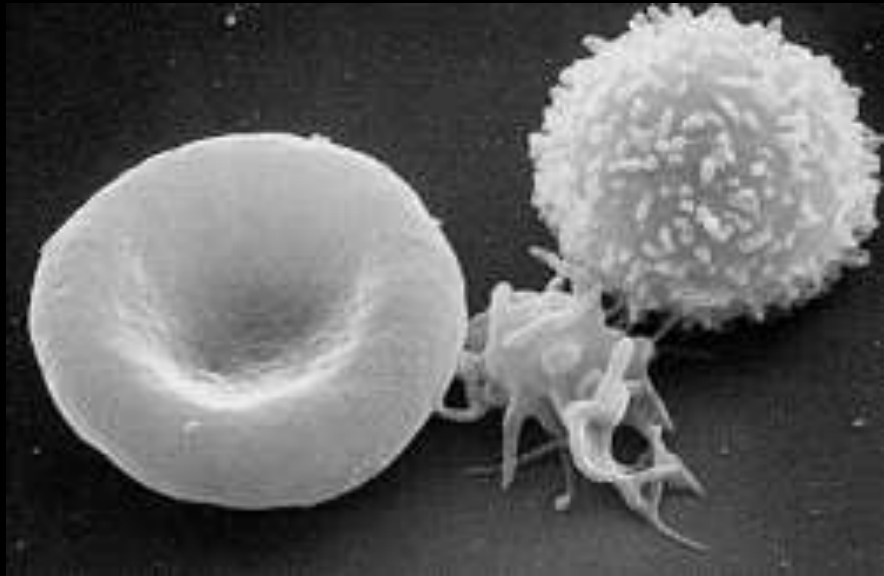
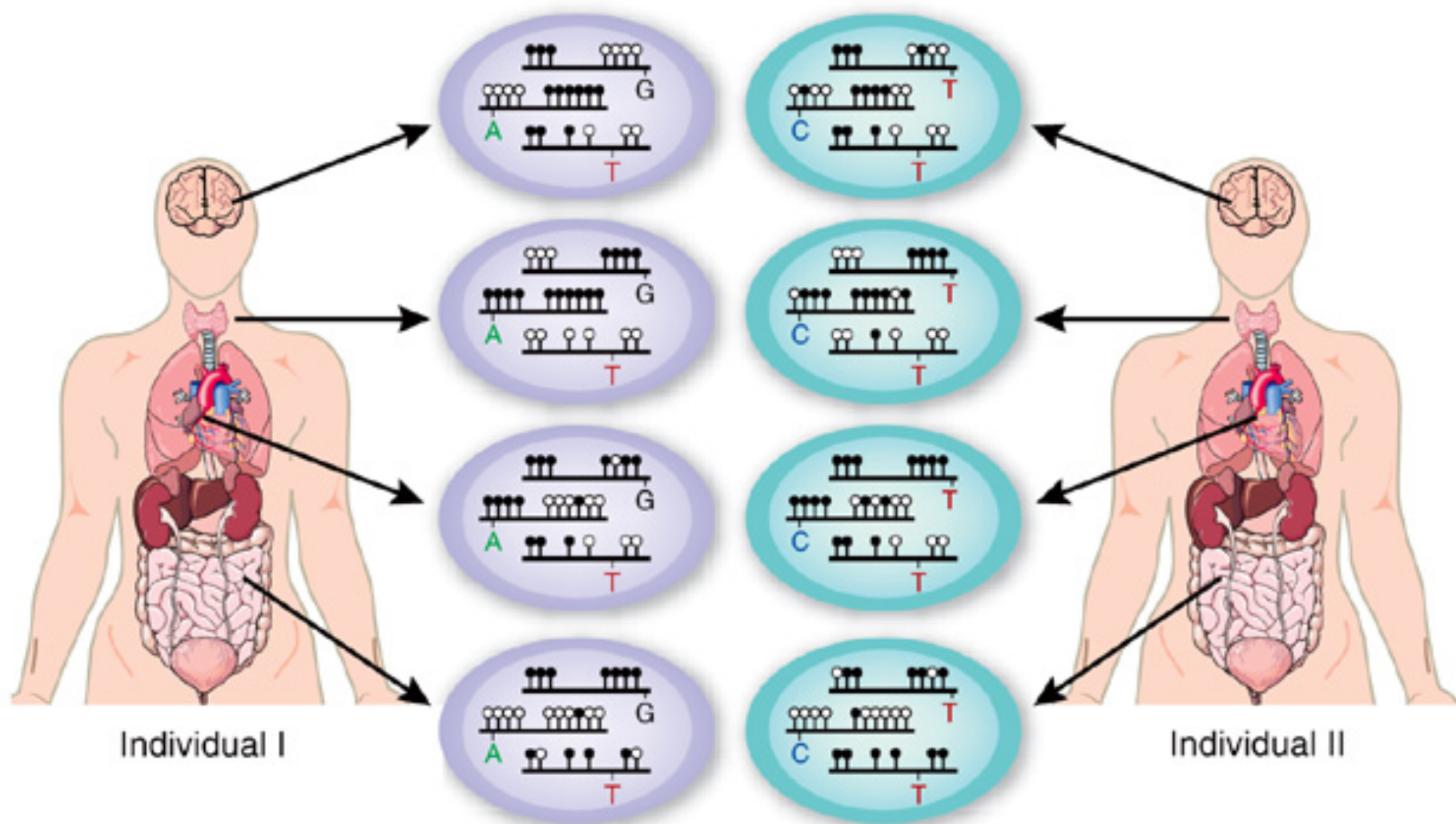


Image created by Dave Dwire. (C) Rainbow Studios '00. All Rights Reserved.

Most of these changes occur in early development, but cells collect further changes throughout their life. This means that the epigenome varies from individual to individual, and even from cell to cell, and studying the epigenome could help clarify the links between genes, environment and health or disease.

# Heritability components

- ❖ a component originating from DNA sequence variation,
- ❖ a component originating from epigenetic variation,
- ❖ a component of non-heritable chromatin variation
- ❖ a component of heritable chromatin variation
- ❖ a component of unexplained (residual) variation





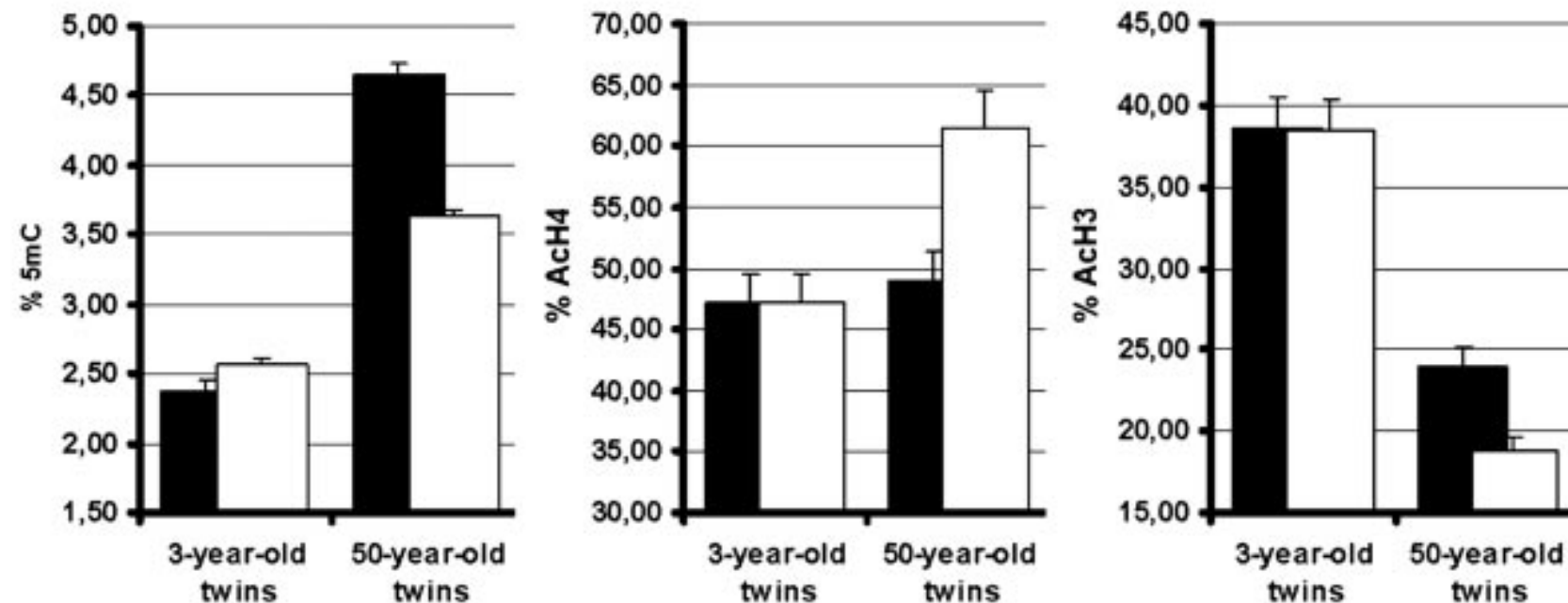
# The regulation of genes changes over the time

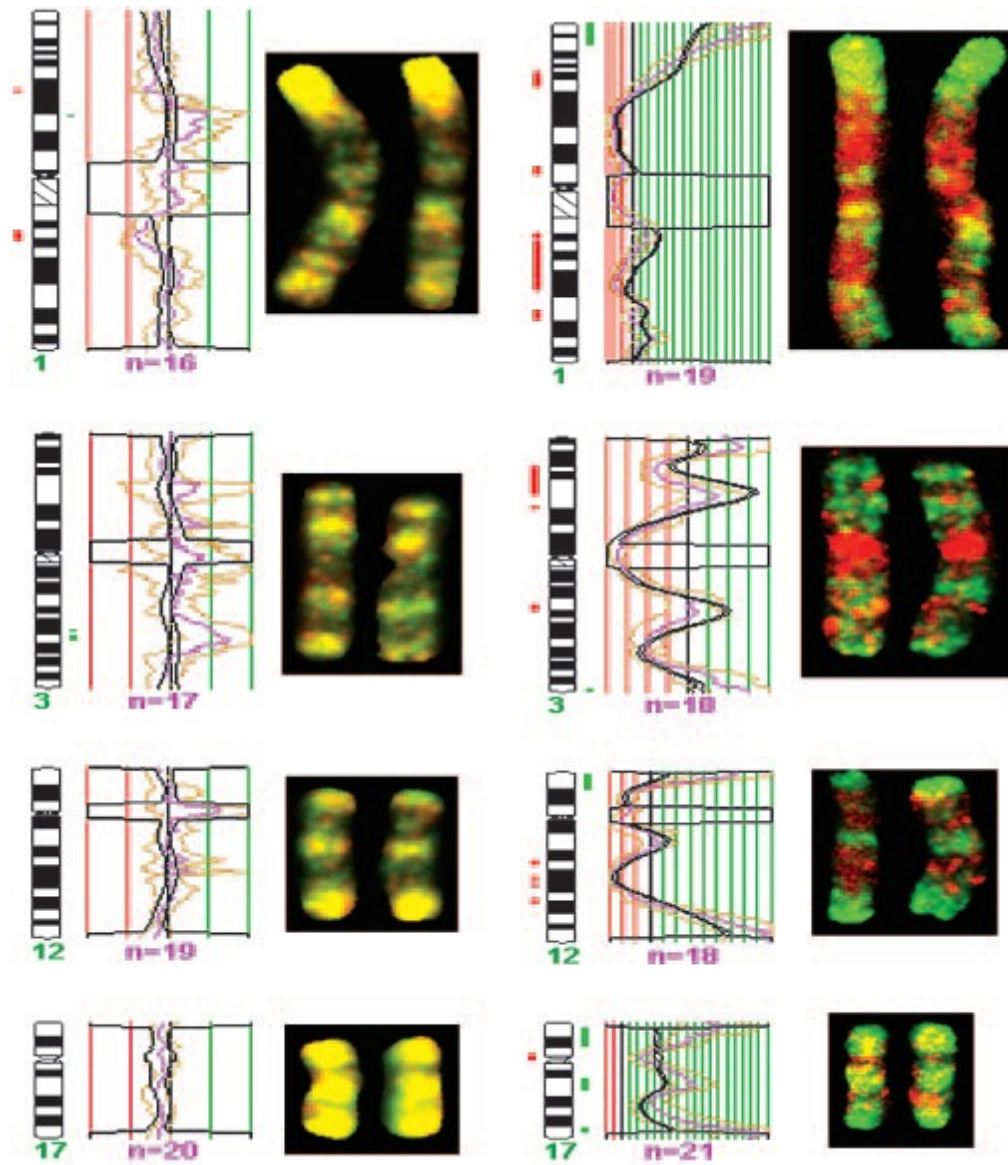


# Epigenetic differences arise during the lifetime of monozygotic twins

PNAS | July 26, 2005 | vol. 102 | no. 30

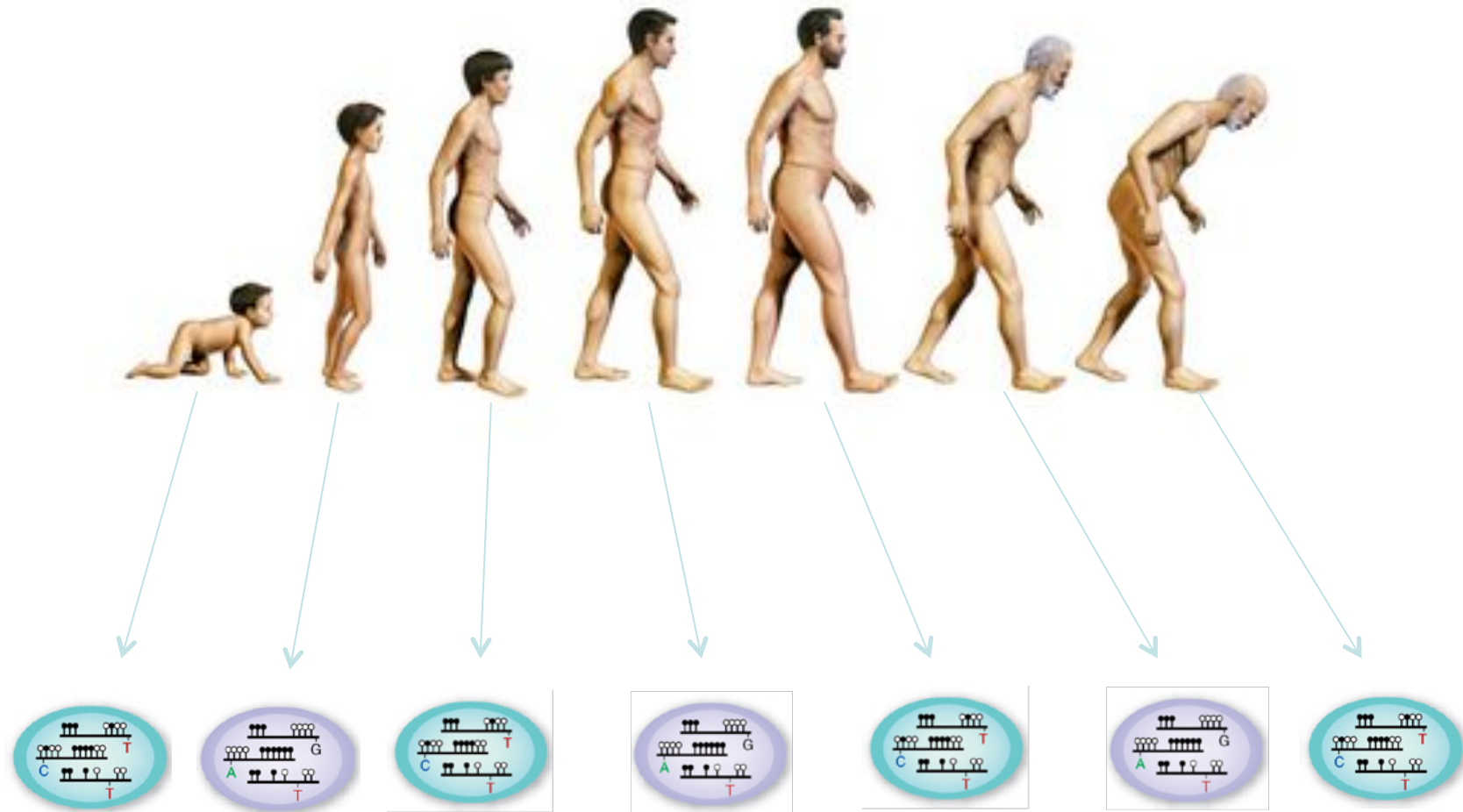
Mario F. Fraga\*, Esteban Ballestar\*, Maria F. Paz\*, Santiago Ropero\*, Fernando Setien\*, Maria L. Ballestar†, Damia Heine-Suñer‡, Juan C. Cigudosa§, Miguel Urioste¶, Javier Benitez¶, Manuel Boix-Chornet†, Abel Sanchez-Aguilera†, Charlotte Ling||, Emma Carlsson||, Pernille Poulsen\*\*, Allan Vaag\*\*, Zarko Stephan††, Tim D. Spector††, Yue-Zhong Wu\*\*, Christoph Plass\*\*, and Manel Esteller\*§§





3-year-old twins

50-year-old twins

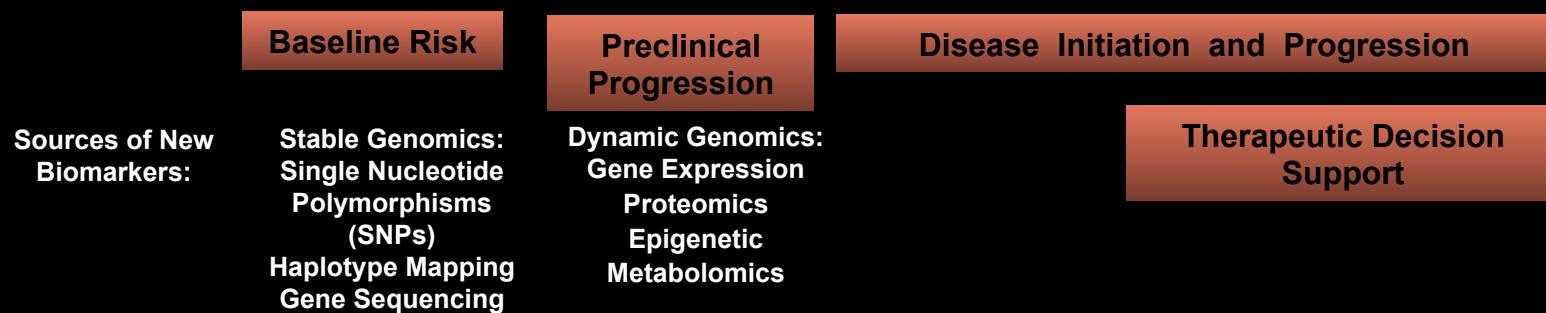
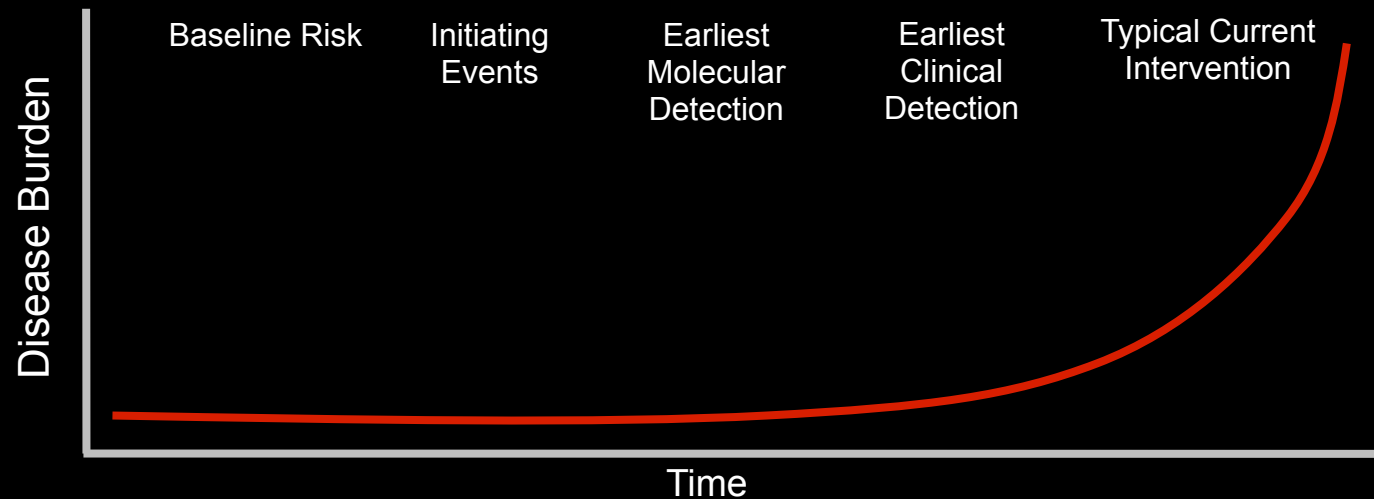


**Methylation patterns and their control of gene silencing influence gene expression and cellular function. These variation both environmental and inherited accumulated during the life modify the risk for complex diseases later in life.**

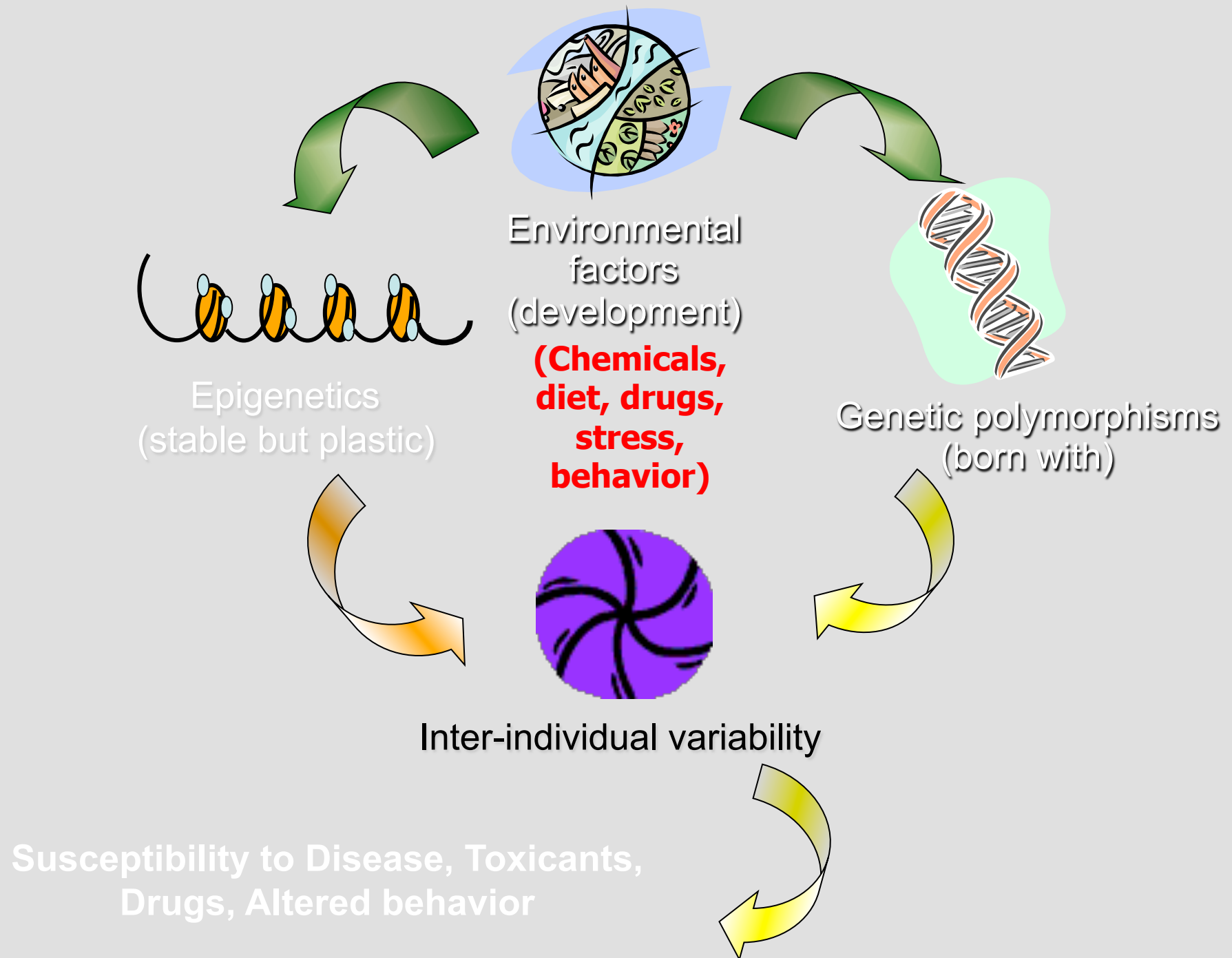
# The genetic risk is dependent on the time and it is not stable across the lifespan

**Decision Support Tools:**

Assess Risk	Refine Assessment	Predict/Diagnose	Monitor Progression
			Predict Events
			Inform Therapeutics







JOHN  
TRAVOLTA/CAGE

*from interindividual variability...*

IN ORDER  
TO TRAP  
HIM,



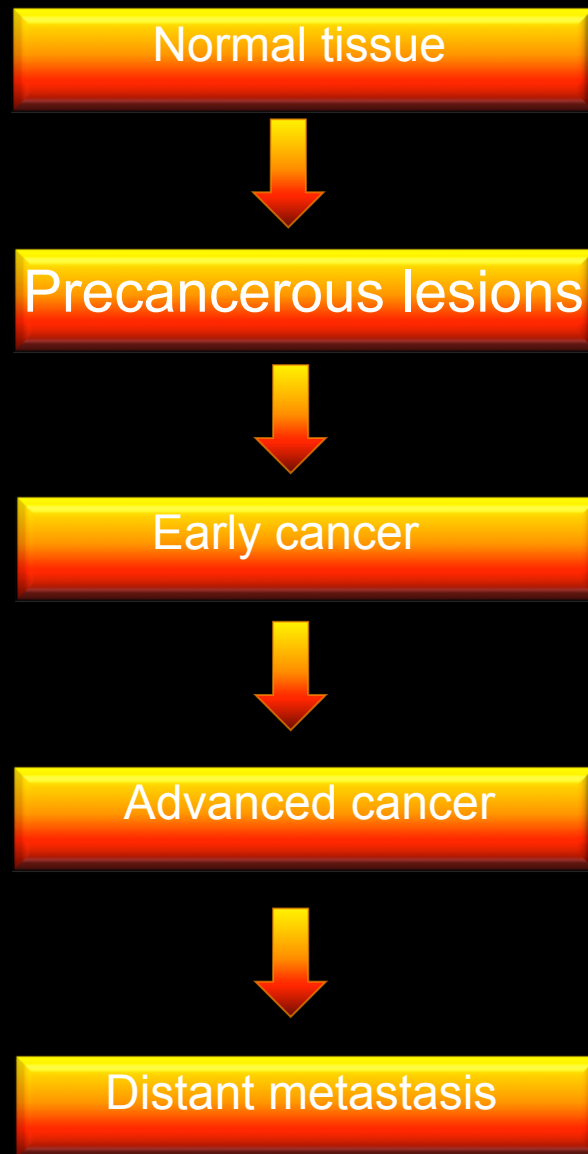
HE MUST  
BECOME  
HIM.

FACE/OFF

MADE BY JESSIE WU

*to intra-individual variability*





Initiation – promotion – progression 1 - progression 2 - progression 3

#### Susceptibility predictors

- Methylated *hMLH1*
- Imprinting *H19/Igf2*

#### Transformation markers

- Methylated *p16*
- Methylated *p15*
- Methylated *p14*
- Methylated

#### Diagnostic markers

- Methylated *Septin9*
- Circulating *miR-141*
- Circulating *miR-92*, *miR-210*, *miR-106a*

#### Chemosensitivity markers

- Methylated *MGMT*
- Methylated *hMLH1*
- Methylated *BRCA1*
- *let-7*, *miR-21*, *miR-31*

#### Prognostic markers

- Methylated *DAPK*
- Demethylated *LINE-1*
- *let-7*, *miR-21*, *miR-31*
- *H3k9Me2* and *H3K18Ac*

# Classificazione dei biomarker genomici

- ***Validi***
  - Accettati dalla comunità scientifica per predire fenotipi clinici o pre-clinici.
- ***Probabilmente validi***
  - Sembrano avere un valore predittivo ma non sono stati replicati o universalmente accettati.

# ***Esempi di biomarker validi:***

- ***Sicurezza***

- TPMT (6-MP, azathioprine)
- UGT1A1 (irinotecano)
- CYP2C9/VKORC1 (warfarina)
- CYP2D6 (Strattera)

- ***Efficacia***

- EGFR status (Erbix, Tarceva)
- Her2/neu status (Herceptin)
- Philadelphia chromosome ~ Bcr-abl (Gleevec)
- C-kit (Gleevec)



## ***Probabilmente Validi :***

- ***Sicurezza***
  - Kim1 ~ preclinical (nephrotoxicity)
  - Gene panels used for preclinical safety evaluation
- ***Efficacia***
  - EGFR mutations (Iressa)
  - CYP2D6 (Tamoxifen)
  - OncotypeDx gene panel (radiation therapy)

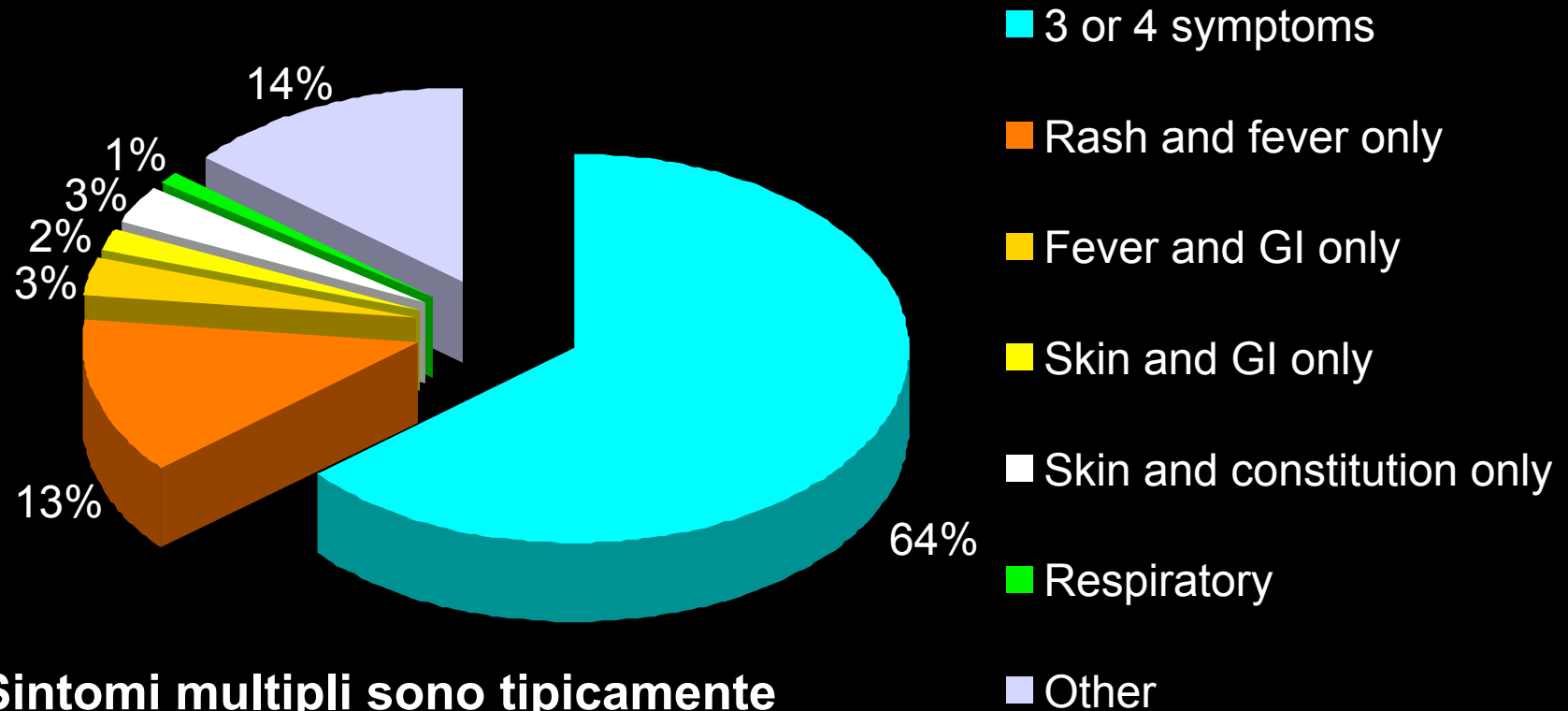
## ORIGINAL ARTICLE

## HLA-B\*5701 Screening for Hypersensitivity to Abacavir

**Table 2.** Incidence of Hypersensitivity Reaction to Abacavir.\*

Hypersensitivity Reaction	Prospective Screening <i>no. of patients/total no. (%)</i>	Control	Odds Ratio (95% CI)*	P Value
Clinically diagnosed				
Total population that could be evaluated	27/803 (3.4)	66/847 (7.8)	0.40 (0.25–0.62)	P<0.001
White subgroup	24/679 (3.5)	61/718 (8.5)	0.38 (0.23–0.62)	P<0.001
Immunologically confirmed				
Total population that could be evaluated	0/802	23/842 (2.7)	0.03 (0.00–0.18)	P<0.001
White subgroup	0/679	22/713 (3.1)	0.03 (0.00–0.19)	P<0.001

# Combinazione di sintomi comunemente riportati con ipersensibilità (n=1,306)



**Sintomi multipli sono tipicamente presenti nella maggioranza dei casi di ipersensibilità**

## Stevens–Johnson Syndrome

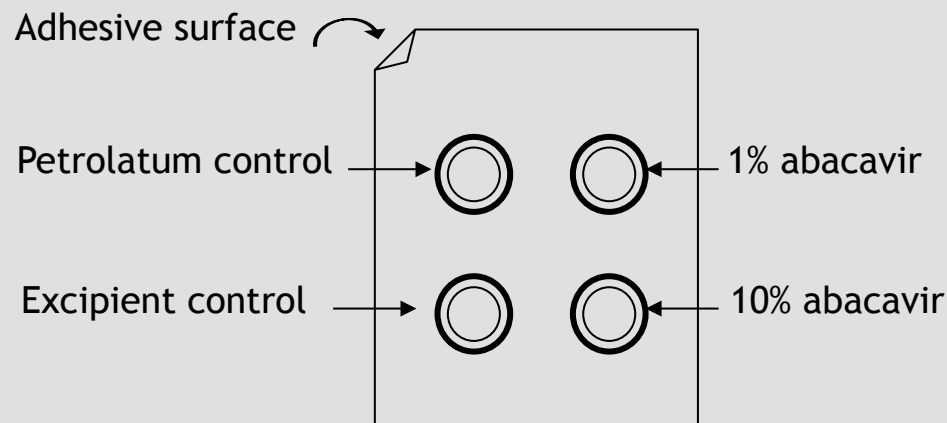


carbamazepine (CBZ), lamotrigine (LTG), phenobarbital (PHB), phenytoin (PHT), or valproic acid (VPA)

# Abacavir Skin Patch Testing

- Immune cell-mediated reaction
- Research tool used to identify patients with immune-mediated abacavir HSR

## Schematic top view of skin patch



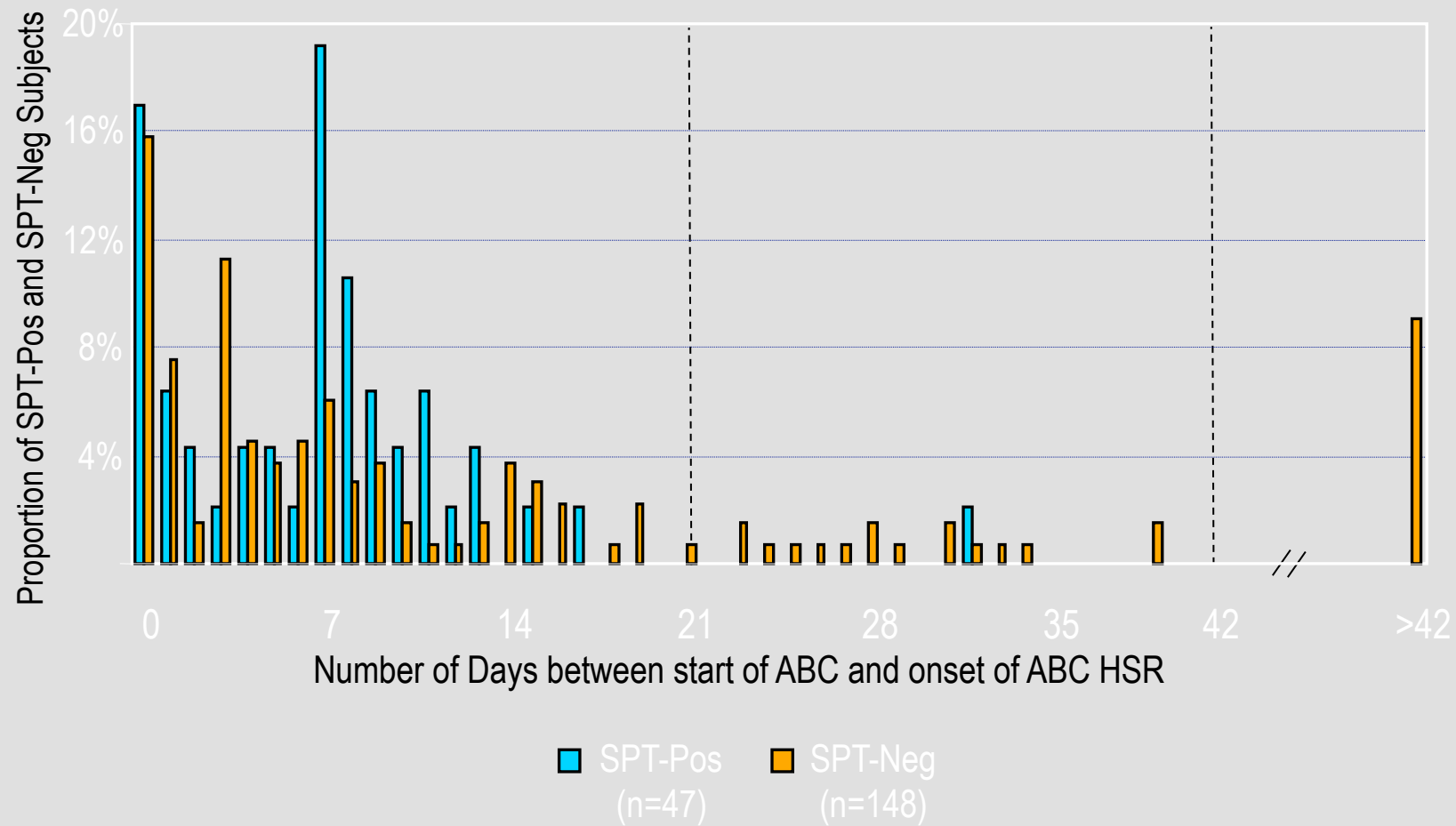
Phillips et al. AIDS 2002 and 2005

Phillips et al. IAS 2007 Abstract MOPEB001

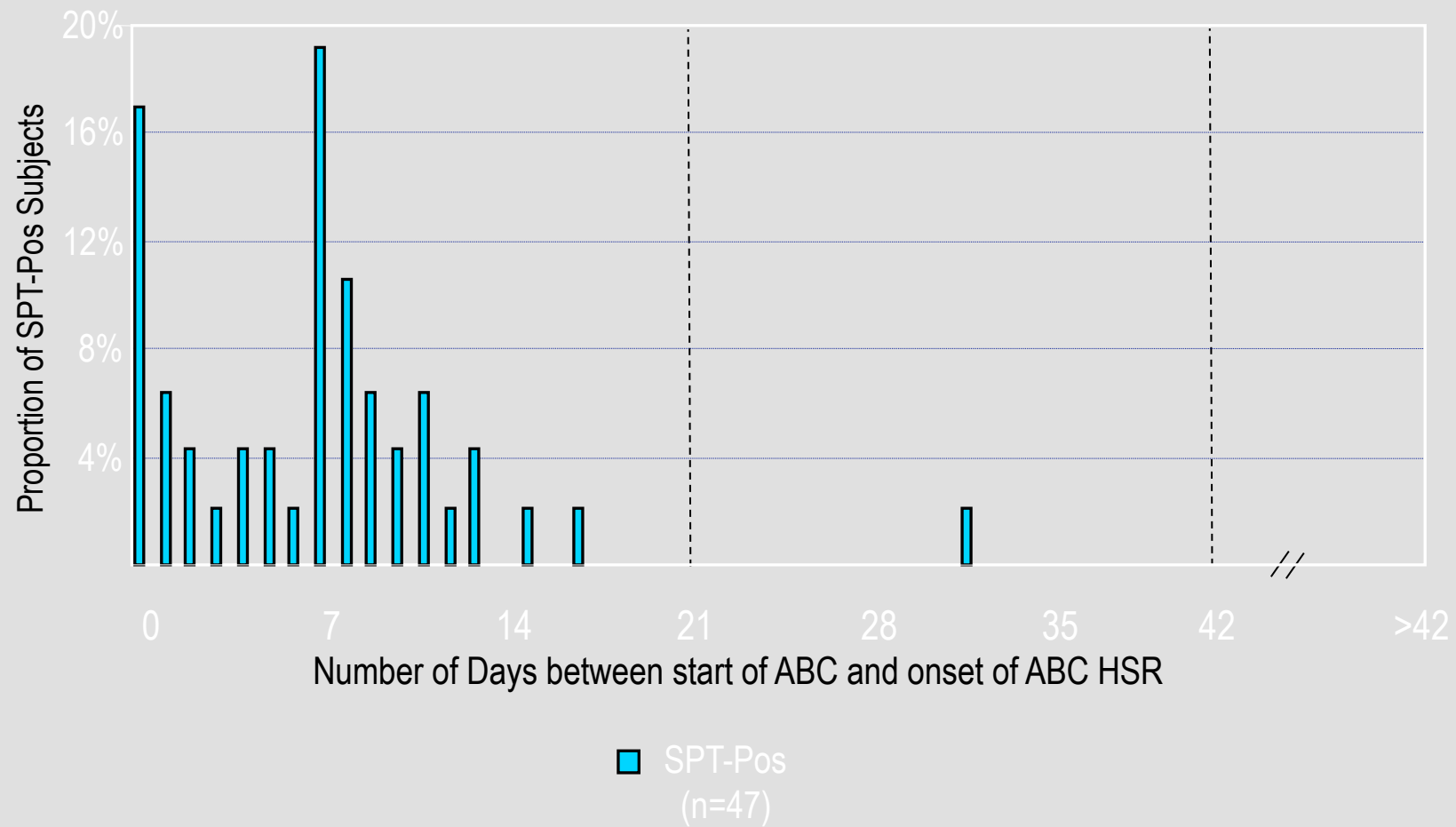




# Days to Onset of ABC HSR



# Days to Onset of ABC HSR



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# Leading causes of Death

## 1900

## 2000

- |                             |                       |
|-----------------------------|-----------------------|
| 1) Pneumonia                | Heart disease         |
| 2) Tuberculosis             | Cancer                |
| 3) Diarrhea/enteritis       | Stroke                |
| 4) Heart disease            | Emphysema             |
| 5) Liver disease            | Injuries/accidents    |
| 6) Stroke                   | Pneumonia/ flu        |
| 7) CA, Senility, Diphtheria | AD, Kd Dz, Septicemia |

1900, U.S. Department of Health and Human Services 2000, 22. For 2000, National Center for Health Statistics 2001

Alarming change over 51 years.

## 27 Vegetables

- Loss of 16% of their Potassium content
- Loss of 24% of their Magnesium content
- Loss of 46% of their Calcium content
- Loss of 27% of their Iron content
- Loss of 76% of their Copper content
- Loss of 59% of their Zinc content

# 17 Fruits

- **Loss of 19% of their Potassium**
  - **Loss of 16% of their Magnesium**
  - **Loss of 16% of their Calcium**
  - **Loss of 24% of their Iron**
  - **Loss of 20% of their Copper**
  - **Loss of 27% of their Zinc**
- 
- Unlike a vegetable, when a fruit is harvested the whole plant is not taken.



# 10 Types of Meats

- **Loss** of 16% of their Potassium
- **Loss** of 28% of their Phosphorous
- **Loss** of 10% of their Magnesium
- **Loss** of 41% of their Calcium
- **Loss** of 54% of their Iron
- **Loss** of 24% of their Copper

# Caloric Restriction and Longevity

## Calorie-Counting Monkeys Live Longer

Science News 9 July 2009

Canto, left, a 27-year-old rhesus monkey, is on a restricted diet, while Owen, 29, is not.



# Caloric Restriction and Longevity

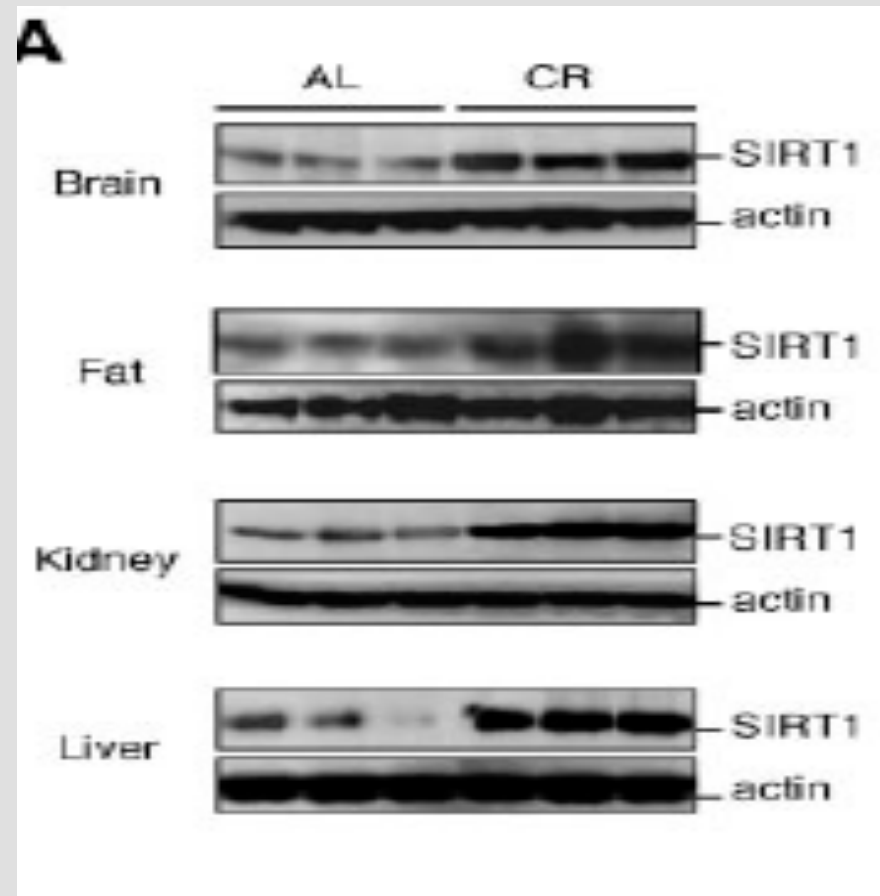
- Previous caloric restriction studies successful in mice, rats, worms and yeast
- 30% fewer calories than usual vs. free-feeding
- Vitamin and mineral supplements to prevent malnutrition
- Diet was started in monkeys as they reached young adulthood (7-14 years old)
- Average normal lifespan 27 years; max 40
- **Leaner diets reduced deterioration of muscle and brain gray matter, two conditions associated with aging.**
- **63% of the calorie-restricted animals are still alive compared to only 45% of their free-feeding counterparts**

# **Sirtuin 1 (SIRT1): a protein deacetylase**

- Mammalian orthologue of the yeast SIR2
- Expression associated with longevity, cell survival
- NAD<sup>+</sup>-dependent histone deacetylase
- SIRT1 deacetylates histone polypeptides with a preference for histone H4 lysine 16 and H3 lysine 9 in vitro.
- RNAi-mediated decreased expression of SIRT1 in human cells resulted in hyperacetylation of H4-K16 and H3-K9 in vivo.
- SIRT1 protein deacetylates non-histone substrates (p53, MyoD), as well as histone substrates

**Vaquero A, et al. Mol Cell. 16:93-105, 2004.**

# Caloric restriction increases SIRT1 expression in a variety of rat tissues

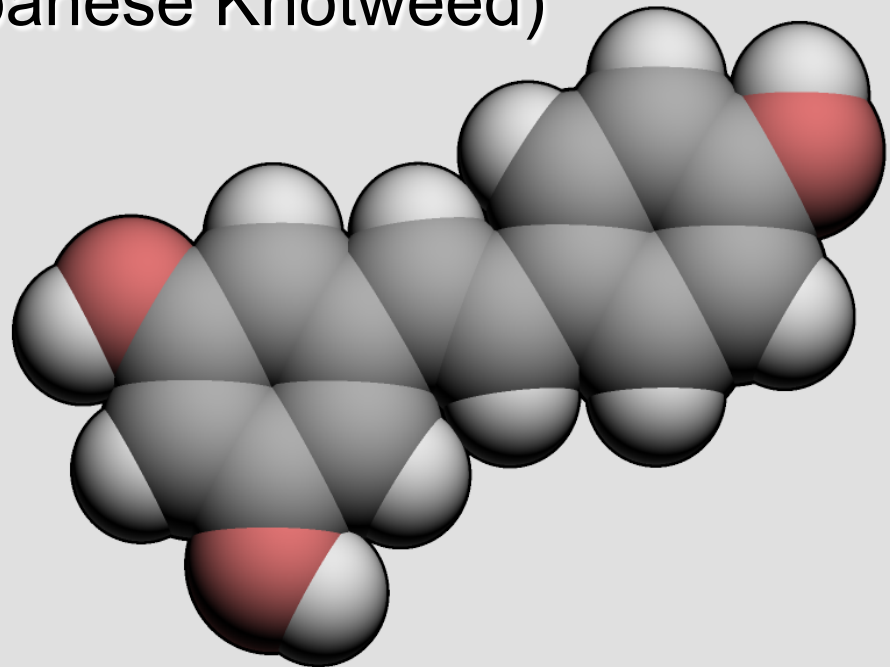


Cohen HY, et al. Science 305:390-392, 2004.





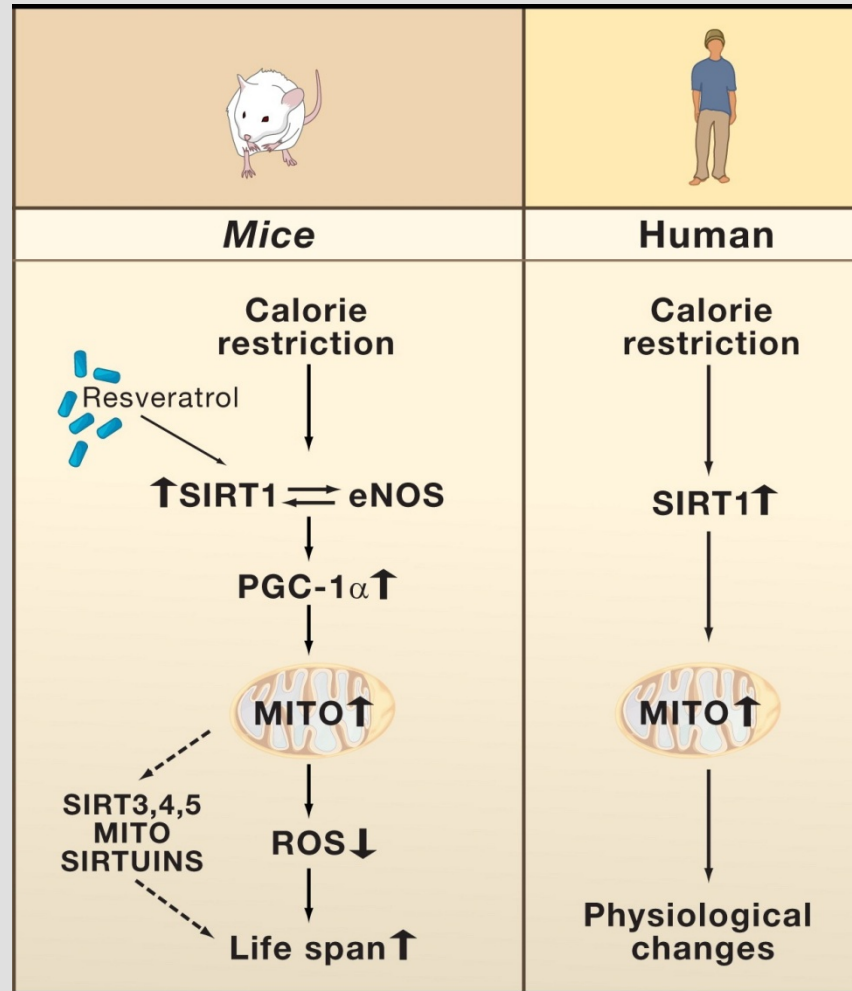
- **Resveratrol** is the most potent *natural* compound able to activate SIRT1, **mimicking the positive effect of calorie restriction.**
- Resveratrol might help in the treatment or prevention of obesity and in preventing the aging-related decline in heart function and neuronal loss.
- **Resveratrol** is found in grape skins (red wine > white), red peanut skins, some berries & the root of *Polygonum cuspidatum* (Japanese Knotweed)



# Potential Benefits of Resveratrol

- Inhibits the proliferation of a variety of human cancer cell lines, including those from breast, prostate, stomach, colon, pancreatic, and thyroid cancers. It is not known whether high intakes of resveratrol can prevent cancer in humans.
- Increases the lifespan of yeast, worms, fruit flies, fish, and mice fed a high-calorie diet, but it is not known whether resveratrol will have similar effects in humans.

## Anti- Aging Therapies: Calorie Restriction (CR)



- Restriction in calorie intake extends the lifespan of yeast, nematode and mice
  - Sirtuins: family of antiaging proteins
    - NAD-dependent protein deAc
    - SIRT1 increases mitochondrial biogenesis
- Resveratrol is a SIRT1 activator
  - improve physical activity
  - longer average life span





**Hypothesis: The steady state methylation pattern is a dynamic equilibrium between methylase and demethylase activities**

