

NEWS

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Genomas Forum explores “Diet and DNA” at the 10th Annual International Festival of Arts & Ideas in New Haven

NEW HAVEN, CT – Gualberto Ruaño, M.D., Ph.D., a Connecticut-based physician scientist and entrepreneur in personalized medicine, will, for the second year, lead a panel of renowned scientists through a creative and informative forum of genetics and society as part of the International Festival of Arts & Ideas in New Haven. *The Genomas Forum: Diet and DNA* will be held Monday, June 13th at 6 PM at Yale University’s New Theater, Chapel Street, New Haven. Tickets are available by calling 1-888-ARTIDEA (1-888-278-4332) or by ordering online at www.artidea.org.

The participants of *The Genomas Forum: Diet and DNA* are **Dr. Kelly Brownell**, Professor and Chair of Psychology at Yale University and renowned expert on eating disorders and childhood obesity and author of *Food Fight*; **Dr. Walter Willett**, Chair of the Department of Nutrition at Harvard School of Public Health and author of *Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating*; **Dr. Gary Nabhan**, Director of the Center for Sustainable Environments at Northern Arizona University and author of *Why Some Like It Hot: Food, Genes and Cultural Diversity*; and **Dr. Stephanie Beling** of Canyon Ranch in Lenox, MA, author of *Power Foods*.

Dr. Ruaño said: “This year’s Genomas Forum focuses on the fundamental role of food both in enhancing health and inducing disease. To go beyond fickle, popular diets, contradictions of the food marketplace and shifting public health policies, food and nutrition should be examined in the context of evolution. Obesity and diabetes are manifestations of evolutionary systems thrown into disarray by modern lifestyles. But the same mechanisms that lead to food induced disease can be exploited for health. As we unravel how our genes became optimized to process certain foods, we could achieve personalized diet by matching our diet with our genetic legacy to achieve health.”

Mary Miller, Director of the Festival, observed: “The whole issue of diet, how it relates to poverty and obesity, how it is driven by fashion, how our individual make-up dictates our well-being, is critical at every level, from global to personal. We are so glad that Dr. Ruaño, a member of our Board of Directors and community leader, is working with us to create this fantastic forum for dynamic discussion.”

Dr. Ruaño added: “I am very honored by the participation of Drs. Brownell, Willett, Nabhan, and Beling in the Genomas Forum and thank them for joining the Festival in its Tenth Anniversary. As a group, they bring unparalleled breadth and depth to the Ideas program in public health and science policy. Individually, they are leading authorities in psychological, biochemical, evolutionary, and clinical disciplines fundamental to modern nutrition.”

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Through this Forum, Dr. Ruaño continues his personal campaign for the life sciences to embrace the arts. Launched in October 2003, the campaign continues its motto that “*creativity is fundamental to both art and science, and much inspiration one quest can derive from the other to improve our wellbeing.*” This campaign has supported also the Wadsworth Atheneum, the Hartford Stage, and ArtSpace New Haven.

ABOUT GENOMAS AND DR. RUAÑO

Genomas Inc. is a biomedical company advancing personalized health with revolutionary diagnostic PhysioType™ systems to treat obesity- and drug-induced metabolic syndromes in cardiovascular and psychiatric medicine. PhysioType systems provide physicians with the unprecedented capability to prescribe personalized drug treatments avoiding side effects and to recommend highly effective preventive exercise and diet programs for each patient. Genomas is located in Hartford, CT. on the campus of Hartford Hospital with which it has established a research and development partnership in genomic medicine. For more information please access the company’s web site at www.genomas.net

Dr. Gualberto Ruaño is founder and President of Genomas. He is also Director of Cardiovascular Genetics Research at Hartford Hospital and Professor Adjunct of Biochemistry and Molecular Biology at George Washington University. With M.D. and Ph.D. degrees from Yale University, Dr. Ruaño has 15 years of experience in biotechnology, having founded two other companies prior to Genomas. He has been an advocate of personalized health for 15 years, and is widely regarded as one of the visionaries in the field.

ABOUT THE INTERNATIONAL FESTIVAL OF ARTS & IDEAS

Now in its tenth year, The International Festival of Arts & Ideas Festival is firmly established as one of the world’s most significant arts festivals. It has the distinction of fusing arts and ideas programs to present a broad array of offerings within and across genres. The Festival showcases hundreds of international events each summer, from over 20 countries, with an impressive scale and scope unmatched in the Northeast. The Festival’s ambitious music and theater programs fill New Haven with renowned international stars, newly discovered artists, and a number of U.S. premieres each season. The eclectic ideas program offers a mix of serious, controversial, and whimsical topics, all designed to inspire new ways of thinking. The Festival also features spectacular visual arts and plenty of family-friendly events. It continues to make more than 85% of Festival events free to the public, including some of the most prestigious opera, jazz, symphony, rock, folk and fusion music in the world. For more information, please visit www.artidea.org.

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