

## Lap Band Works against Obesity

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Many individuals who have undergone lap band surgery will tell others that it was not only a cosmetic decision, but one in some cases to save their life or at least extend it by losing some weight.

Among the numerous health risks that obese people face is a greater chance for diabetes.

Diabetes is when the body is unable to efficiently handle the sugar (glucose) that's in a person's blood. Higher than normal levels of sugar in the blood may result in damage to various parts of the body including blood vessels and nerves.

One of the two types of the illness is Type 2 diabetes, which usually begins in adulthood. A more alarming tidbit is that kids are now developing it because of the increase in obesity and decrease in exercise.

Type 2 is the most common type of diabetes and the one that's linked to one being overweight. Insulin shots may also be needed for individuals that get Type 2 diabetes, but in most cases, it can be prevented by maintaining a healthy weight, eating the right foods, and being physically fit.

Another danger of being overweight is dealing with high blood pressure.

High blood pressure is when tiny blood vessels become blocked or damaged. The blood vessels become stiff and narrow, and the blood has a challenge working its way through the tight space, putting pressure on the walls of the tubes that are carrying it.

If not treated properly, this pressure results in problems such as an enlarged heart, stroke, and kidney disease. Studies have indicated that being obese can lead to high blood pressure; yet another reason to consider Lap Band for Obesity.