

## Lap Band Works against Illnesses

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Many individuals who have had Lap Band surgery through TopSurgeons will tell you that it was not only a cosmetic decision, but one to help improve their quality of life.

Among the many health issues that obese people face is a greater risk for diabetes.

Diabetes is the body's inability to efficiently handle the sugar (glucose) that's in one's blood. Too much sugar in the blood can result in damage to numerous parts of the body, including blood vessels and nerves.

One of the two types of the illness is Type 2 diabetes, which typically starts in adulthood. A more alarming fact is that children 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 being overweight. Insulin shots may also be necessary for people that develop Type 2 diabetes, but in most scenarios, it can be prevented by maintaining a healthy weight, eating the right foods, and being physically fit.

Another danger of being overweight is having 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 squeezing through the tight space, putting pressure on the walls of the tubes that are carrying it. If not treated properly, this pressure causes problems such as an enlarged heart, stroke, and kidney disease. Studies have shown that being obese can lead to high blood pressure; yet another reason to keep your weight in check.