

Lap Band Battles Illnesses

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Many individuals who have had the Lap Band procedure will say that it was not only a cosmetic decision, but one to help improve the quality and length of their life.

Among the number of health issues that obese people have to oftentimes deal with is a higher risk for diabetes.

Diabetes is the body's inability to correctly handle the sugar (glucose) that's in one's blood. An excess amount of sugar in the blood can result in damage to a number of parts of the body, including blood vessels and nerves.

One of the two types of the illness is Type 2 diabetes, which oftentimes begins in adulthood. A more alarming scenario is that children are now developing the disease due to the increase in obesity and decrease in exercise. Type 2 is known to be the most common type of diabetes and the one that's linked to being overweight. Insulin shots may also be required for people that get Type 2 diabetes, but in the majority of scenarios, it can be prevented by maintaining a healthy weight, consuming the proper foods, and being physically fit.