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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 making its way through the tight space, placing pressure on the walls of the tubes that are carrying it.

If not treated correctly, this pressure can lead to problems like an enlarged heart, stroke, and kidney disease. Studies have indicated that being obese can be a trigger for high blood pressure; yet another reason to keep one's weight in check.