

## Lap Band against Illnesses

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In the war against Obesity, many individuals who have undergone lap band surgery will tell the world that it was not only a cosmetic decision, but one to help better their quality of life.

Among the many health issues that people battling Obesity encounter is a greater risk for diabetes. Diabetes is when the human body cannot efficiently handle the sugar (glucose) that's in one's blood.

An abundance of sugar in the blood can cause 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 generally begins in adulthood. A more alarming fact is that children are now falling victim to this problem because of the increase in Obesity and decrease in exercise among the youth.

Type 2 is the most common type of diabetes and the one that's connected to being overweight. Insulin shots may also be needed for people that develop Type 2 diabetes, but in the majority of cases, it can be prevented by keeping a healthy weight, eating the right foods, and being exercising.