

Lap Band Battles Diseases

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Many overweight individuals who have undergone the Weight Loss Surgery known as lap band through a qualified lap band surgeon will tell others that it was not only a cosmetic choice, but one to help improve their overall quality of life.

Among the many health issues facing overweight individuals is a higher chance of getting Type 2 diabetes.

Diabetes occurs one's body is not able to efficiently handle the sugar (glucose) that's in the blood. An excess of sugar in one's blood can result in issues for a number of parts of the body that include blood vessels and nerves.

While Type 2 Diabetes generally begins in adulthood, a more alarming note is that young people are more often victims of the disease because of the increase in obesity and decrease in physical exercise.

Type 2 Diabetes is the most common type of diabetes and the one that is connected to being overweight.

Insulin shots may also be necessary for people that are victims of Type 2 Diabetes, but in most cases, the disease can be prevented by keeping a healthy weight, consuming the correct foods, and being physically active.