

## Lap Band and Illnesses

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Many individuals who have had lap band surgery report that it was not only a cosmetic decision, but one to help better their quality of life.

Among the many health issues that obese people must deal with is diabetes.

Diabetes is when the body is unable to properly handle the sugar (glucose) that's in one's blood. An excessive amount of sugar in the blood can lead to damage to a number of body parts, including blood vessels and nerves.

One of the two types of the illness is Type 2 diabetes, which typically gets its start in adulthood. A more alarming item is that children are now becoming victims of the disease due to the increase in obesity and a lack of exercise for many people.

Type 2 is the most common form of diabetes and the one that's connected to being overweight. Insulin shots may also be necessary for people that come upon Type 2 diabetes, but in most cases, it can be prevented by keeping a healthy weight, consuming the right foods, and making sure one is physically fit.