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Another danger when someone is overweight is dealing with high blood pressure.

High blood pressure occurs when tiny blood vessels are blocked or damaged. The blood vessels then become stiff and narrow, and the blood has a hard time squeezing through the tight space. This in turn puts pressure on the walls of the tubes that are carrying it.

If not treated properly, this pressure results in problems like an enlarged heart, stroke, and kidney disease. Studies have indicated that being obese can result in high blood pressure; yet another reason to keep for individuals to make sure their weight is not a problem.