

## The Numerous and Unsafe Health Results of Obesity

It is rather common awareness that being obese is a dangerous state for your overall health. The health costs of obesity in 2010 for the US is huge and is well over 100 billion dollars per year. Needless to say much less is spent for [weight loss](#) products and solutions, but it is still in the billions annually. If you look into it you it is visible many individuals are [overweight](#) or simply officially considered obese. Several culprits that only worsen this state of affairs are businesses that produce ready-made foods and destructive drinks. There is undoubtedly no secret that a great number of foods include high sugar and fat content. We will talk about a few of the negative consequences to health caused by obesity.

Type 2 diabetes as a result of obesity continues to be escalating at an alarming rate in recent times. In the past, type 2 diabetes mostly developed in adults, but that has changed because more teens are clinically obese. Obesity is recognized to cause insulin resistance which is important and a precursor to raised levels of glucose levels. There is little question that years of eating high sugar content food items and drinks plays a significant role. For a long time, various alerts have been made about the use of high fructose corn syrup in many soft drinks and other widespread beverages. This compound is much like super strong sugar and can send glucose levels soaring.

Other dangerous conditions which are often seen involve problems for certain joints in the body. Clearly the lower extremities bear the most load, and so it is sensible that obese people have hip and knee joint difficulties. The seriously obese person can be at increased risk for joint issues such as osteoarthritis. However, the remedy is not always so straightforward as merely replacing a damaged joint. While huge numbers of people get joint replacements, there is a higher chance for success with normal weight conditions. [Overweight](#) people just do not have a good alternative in this case. At minimal it can be a risky procedure since the heavy weight on the synthetic joint can cause complications. The joint that had been replaced may begin to be mechanically unsound which is highly undesirable.

High blood pressure is a common occurrence among those who definitely are obese. As along with many other of our bodily processes, excessive fat puts a severe strain on the body. The occurrence of so much fat is simply a huge demand for air which is furnished by the blood. So that therefore causes one's heart to work much harder so it can deliver what is necessary. The high blood pressure is simply due to this extra demand brought on by the extra weight. In addition to the high blood pressure, the heart rate will probably be much higher as well.

Obesity places the body in a risky state for a wide selection of medical conditions. There are additional equally threatening problems that can easily result from an overweight condition.

[weight loss](#)