

MORBID OBESITY:

The threat of morbid obesity to Elath

Morbid obesity takes with it a bigger risk that is that it cuts the hope of life. In people whose weight is double their ideal body weight (approximately from 2%-6% the American population), the risk of a premature death duplicates in relation to the risk of a non-obese person.

The risk of death caused by diabetes or a heart attack is from 5 to 7 times bigger. Even so, further from the health conditions related with obesity, the weight gain can end up in a condition known as the "final phase" of obesity, in which, the majority of times, is doesn't dispose any of the alternative treatments. Never the less, premature death in not the only possible consequence.

The social, psychological and economical consequences of obesity, although unfair, are real and particularly destructive.

Significant health conditions that are related to obesity

Health conditions related with obesity are individually or combined to each other; they can reduce their life hope in a significant way. Next, there is a partial list of some of these most common conditions.

Your doctor should be able to give you a more detailed and complete list:

Type 2 Diabetes: Obese people develop a resistance to insulin, substance that regulates the sugar levels in the blood. With time, the high resulting sugar content in the blood can cause serious damages to the body.

Hypertension and cardiac diseases: Corporal overweight forces the hearts functioning capacity. The resulting hypertension (high blood pressure) can produce apoplexy, as well as inflict considerable injuries to the heart and the kidneys:

Osteoarthritis of the joints that support the corporal weight: The additional weight applied to the joints, specially to the knees and the hip, causes its fast wearing down, accompanied by the pain caused by the corresponding inflammation. In a similar way, the bones and muscles of the back are put under a permanent tension and present problems, pains and minor mobility.

Obstructive sleep apnea and respiratory problems: The fat deposits in the tongue and neck can cause intermittent obstruction of the air that goes through the respiratory system. Due to the fact that this obstruction increases when you sleep on your dorsum, It is possible that you might have to wake up often to change positions in bed. The lack of sleep often causes drowsiness during the day and also headaches.

Gastro esophageal reflux and Heartburn: The acids play their part in the stomach and rarely cause problems when they remain in their place. When there is an acid leak towards the esophagus through the weak valve or the overcharged upper part of the stomach it is called gastroesophageal reflux, which is a common symptom of heartburn and acid indigestion. Approximately form 10 to 15% of the patients that present these acid symptoms sporadically develop an affection known as Barrett esophagus, which consists of a pre malign change in the membrane that covers the esophagus and that causes cancer.

Gallbladder: The vesicular disease occurs most frequently in obese people, in part caused by their reiterated efforts to advance their diets, which predispose the patient to this problem. When stones form in the gallbladder and these cause abdominal pain, the gallbladder must be removed.

Depression: People with serious over weight conditions constantly have to deal with emotional shocks: repeated diet failures, family and friends disapproval, mean laughs and comments from strangers. They are often discriminated in work, and cannot accommodate easily in theater chairs or ride a bus or planes comfortably.

Infertility: The capacity to procreate decreases.

Skin breakouts: The skin's hygiene can cause a serious problem in obese people due to the friction caused between the layers of skin. This can cause lesions and cutaneous infections.

Inflammation of the legs and skin ulcers: The inflammation of the legs is common among obese people and can cause blood clots in the leg veins. If the patient does not receive treatment, ulcerations may appear in the legs, which are difficult to heal.

Bladder control: A big and heavy abdomen, plus the relaxation of the pelvic muscles, especially those associated with the effects of birth, can cause weakness of the bladder, which can produce urine leakage when sneezing, coughing or laughing.

Irregular menstruation cycles: Women that suffer of morbid obesity often experience problems in their periods, including the interruption of their menstruation, menstrual flow and a major pain associated with their menstrual cycle.

Venostasis in the inferior extremities: The cardiac or renal diseases that produce over weight can also cause a condition known as venostasis that affects the correct functioning of the veins in the legs where normally the blood would go through on their way back from the heart. The most common result is the inflammation of the inferior part of the extremities and the ankles.

Idiopathic endocranial hypertension: Also known, as Pseudo tumor Cerebri is a condition of high pressure in the spinal cerebral liquid, which is the liquid that irrigates the brain and the spinal cord. This disease is very common in women in a fertile age that suffer of over weight. If not treated properly it can cause a decrease in their eyesight or even blindness.

Dyslipidosis: It's a disorder in the fat substances in the blood. A common form of this is what we call high cholesterol. Never the less, dyslipemia is a term that refers to any health problem that has to do with the lipids, such as having excess of certain lipids or a shortage of any of these as well. The risk is when any of the lipids start to accumulate in the walls of the arteries, the tissue that has healed and other detritus start to cause engrossment and hardness of these. Some arteries end up literally obstructed. This condition is called by doctors' atherosclerosis or hardening of the arteries.

Pulmonary embolisms: A clot inside the venous circulation causes the pulmonary embolus. Clots that are formed in the inferior extremities, condition known as thrombosis of the veins, cause most of them. Due that the people with overweight are more susceptible to circulatory problems; their possibilities of experiencing pulmonary embolisms are higher.

Pancreatitis: This disease involves the inflammation of the pancreas. The damage to the gland occurs when the digestive enzymes activate and start to attack the pancreas.

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