Reflections on obesity and diabetes type 2

Obesity is a health condition associated with excessive accumulation and storage of fat in the body. Obesity can be linked to a number of health risks, including diseases of the heart, diabetes, atherosclerosis and premature death.

Diabetes and obesity often go hand in hand. The great number of obese people in the world suffers from diabetes and metabolic syndrome.

The high level of obesity in different countries of the world is linked with improper diet, lack of exercise, smoking, overeating and other factors.

According to health experts, obesity is a direct cause of such conditions as type 2 diabetes, heart disease and cancer in people. This health condition affects adults, children and today is not actually related to the older age. More and more younger people are diagnosed with overweight and obesity. Approximately one third of all children in European countries are considered obese. Half of all children are at risk for developing this condition later.

As there are direct links between obesity and type 2 diabetes, people with overweight problem should understand their risks and get proper help.

To develop type 2 diabetes a person can have one of the risks including being overweight or obese. The figures are not promising good outcomes for obese people- they have up to 80 times more risks of developing diabetes type 2.

Obesity causes type 2 diabetes by affecting the metabolic health. The abdominal fat produces the pro-inflammatory chemicals which make the human body less responsive to insulin hormone. This degrades the function of insulin in the body, triggers the insulin resistance and thus leads to type 2 diabetes.

Suffering from extra abdominal fat is called abdominal obesity and it imposes a great risk for general health and particularly for heart health.

Fat metabolism regulated by certain chemicals in the body gets ruined by the processes which occur in obese people. This is an impaired metabolism which reduces insulin sensitivity. The more fat is released to
the blood and the less sensitive a person becomes to insulin hormone. It stops its regulation function of the metabolism of carbohydrates, fats and protein and a person experiences other health problems.

Prediabetes condition is often observed in obese patients. It is also related to metabolic syndrome.

There are lots of methods and ways to prevent obesity. A healthy diet and physical activity should be a part of program devoted to weight reduction. Certainly a person with obesity needs a long period of time to get rid of a problem and it can be a hard and very challenging thing to do. Still it is possible to lose weight, increase metabolism, improve sensitivity to insulin and generally increase your longevity and quality of life.