

[The Many Dangers of Childhood Obesity](#)

In the United States childhood obesity is a constant and growing problem; something that has astounded and baffled professionals from every corner of the map. Of course it does not help that just about anything sold in the US that is a sweet liquid contains copious amounts of high fructose corn syrup. This, however, is another issue that we are not going to discuss in this article. Obese children almost seem like they never had a chance at life, and we feel that is a sad testimony. In addition to the bullying they have to endure from their peers, the kids also suffer from a variety of physical problems ranging from back pain and arthritis to Type II diabetes. There is a lot more to this and we are going to explore some of it in this article.

Online PR News â€“ 24-August-2013â€“ It wasn't all that long ago that obesity and all of its related problems were solely the problems of grown-ups. Over the last thirtyish years or so the situation in the US has changed definitely for the worse. Not only are there more obese adults than ever, the affliction is affecting teens and kids at younger and younger ages. For children the most obvious influences are typically their parents though education and awareness raising are also super important. But it is the parents who must provide guidance and also be a positive role model for their children. What the obese child is facing are immediate threats to physical health and mental well-being. After that there are dangerous risk factors that will have the opportunity and ability to suffer later in life. For kids this is a terrible situation that is almost impossible to beat back and get over. This is a trend that has been watched carefully by researchers and professionals since the 1980s. Kids, teenagers and pre-teens have been getting weightier steadily over those years and there are tremendous health implications of this. Countless studies and mountains of research have been conducted with regards to this problem over the last twenty years or so. One thing is certain, obesity during younger years is a serious risk factor for very serious diseases in later years. It is incredibly important that parents understand that this story is more involved than just this. Kids who are clinically obese are going to have to deal with health problems long before they become adults. Press coverage is something that childhood obesity has been getting a lot of for a long time. In the US it has reached epidemic proportions but the press coverage has still had little effect on it. We are not here to discuss how it happens or who is to blame as we all know what the causes are. Children can have major health risks that may be life-threatening in later years if they are officially obese or overweight. In the whole generation there is a huge percentage of folks that are suffering psychologically and physically. Being a teen is hard enough without having to put up with being bullied about their weight by peers. In this day there are some things obese children have to face and we are going to look closer at these. In terms of health-related problems, time is an important factor. This means that sometimes it can take a long time for the more serious symptoms to start showing up. However, the stage is certainly set and processes are put into motion during the early years when a child is obese. Still, a child's youth can keep them from suffering from the sorts of medical problems that plague obese adults. But, the very condition itself is referred to as being a risk factor for later complications and disease conditions. Stroke, high blood pressure, cancer, diabetes, heart disease and liver disease are some of the worse problems you can face. There has been a steady increase in childhood obesity in the United States and it continues to baffle and confound professionals of every stripe. It doesn't help that almost all solid food sold in the US contains a bunch of high fructose corn syrup. But that can keep for another time. Obese children sometimes seem like they've never had an honest chance at life and this feels like a sad testimony about our culture. Kids with childhood obesity are forced to deal with emotional abuse in the form of taunts and harsh words from their peers and physical problems like constant joint and back pain, arthritis and sometimes even Type II diabetes. There is much more to this sad state of affairs, and we will mention just a few in this article. The obese child is on a devastating path toward serious health issues. One example of this is fatty liver disease which is an incredibly common liver condition. A while ago most people figured that alcoholism and sclerosis were the primary causes of liver problems. However, we now know that it is long term obesity that most greatly affects fatty liver disease. What typically makes the problems with the liver worse is the fact that an

obese person has really terrible metabolism. Your liver helps things more by acting as the detoxifying agent to rid your body of anything that is not good for it. This, then, puts more pressure on the bodily systems of children and teens who are obese. There is a wide variety to the medical conditions that are going to be experienced by any young child, preteen or teenager who is obese. There are quite a few different influences here and some of them are actually genetics. Kids and teens who suffer from severe obesity are more likely to develop a variety of conditions that cause problems for joints and bones. Many times the load bearing joints in particular will develop problems. The feet and knees as well as the ankles and hips in particular are subject to stress on the skeleton. Kids will experience joint pain, often in the back, as well as a constant state of low-grades of swelling around the joints. These kids also are commonly diagnosed with arthritis. Obesity puts a lot of stress on all physical parts of the human body. When it comes to the respiratory system, obese children are prone to potentially dangerous obstructive sleep apnea due to being overweight. However, there are other issues that interfere with normal breathing. A child or young adult can develop asthma from being overweight. A different term used is exercise intolerance and it is when something challenges your normal breathing process. You may have noticed that overweight people often have labored breathing. This is caused by the body having to work harder and breathe harder. This is just making it easier for you to have more stress on your cardiovascular system. Hypertension or high blood pressure is almost synonymous with obesity regardless of age. There are some major medical conditions that don't get seen during childhood obesity and others that are likely to appear. High blood pressure is one of the problems that is often seen in kids who are severely overweight or suffer from obesity. In addition to the physical stress that is put on the body from the extra weight there are major psychological stress factors there too. Obese children are routinely abused verbally and physically by their classmates. It build and builds and becomes a very stressful situation for the child which then leads to high blood pressure. Yes, we mentioned Type II diabetes because it is right up there as a real possibility for obese children, teens and adults. Obviously, it kind of makes sense that it has the possibility of developing. Type II is different from Type I in that sometimes Type II diabetes can be prevented. Type II diabetes is most often caused by obesity and other weight related issues and a prolonged sedentary existence. What happens with those who are obese is the extra demand placed on the body to produce more insulin. There is obviously an much greater amount that has to receive it. Type II diabetes happens, then, as the body becomes more resistant to the insulin it produces. Worldwide medical research has confirmed that obstructive sleep apnea is more common in obese children. This condition is very serious because what happens is the airway actually becomes blocked during sleep. Kids who are overweight or suffer from obesity are more likely to have issues with snoring but that's not as straightforward as it sounds, say the researchers who have been studying the problem. It's also possible that the snoring is a symptom of something called OSA or obstructive sleep apnea. One possible way to solve the problem is to undergo an adenotonsillectomy which is thought to treat this particular condition when it arises in obese kids and obese teens. Perhaps one of the oldest expressions out there is that kids are cruel. It's probable that most of us have had to deal with this particular truism at some point in our youths. Kids who suffer from obesity are a lot more likely to have to deal with lots of teasing and, often, being humiliated verbally. The fact that most of the kids survive all of those years of school without losing their minds is a miracle. We all know the possible consequences of such chronic abuse. The constant verbal assaults will have a tremendous impact in areas such as self esteem, confidence and the list goes on. The cardiovascular system is where most of the serious risks will develop. It is known that obese children have elevated serum cholesterol and generally fatty blood profiles which include triglycerides. The early development of these heart disease precursors early in life is something that requires immediate intervention. So, just imagine a very young person taking prescription medication to counter the effects of high cholesterol. When adults take this medication, there are known side effects that they have to accept. Because of this, it is only complicated for a teen or a young child to take these medicines. Almost everybody who suffers from obesity will also suffer from a wide variety of psychological issues too. When it feels like all of the kids around you are mean to you every day that can cause stress, low self esteem low self confidence and even make the child hate him or herself. There are all quiet problems that obese kids and teens typically try to handle all by themselves. If the situation gets severe enough and goes on long enough the child may even start to develop sociopathic behaviors. We haven't found any significant data on how many obese high school kids go on to get a college education. We are willing to bet that the number isn't that big and that there are a lot more obese high school students than there are obese college students. Would you really blame them, though, when they are probably envisioning four

more years of abuse and torture? There are also gender specific problems in terms of obesity in young girls who have started going through puberty. Menstrual cycle issues are particularly prevalent in women and girls who are obese. The issue and cause is due to the interference with normal hormones in the female body. The larger effect is to cause all kinds of problems with the girl's menstrual cycle. The obese condition causes the females to become predisposed to this happening. Another common result of female obesity is, if the hormonal interference is big, the woman can become sterile. Then of course there's the question of what other problems can be caused due to the interference in hormone production. Your body needs hormone production to be predictable and healthy so that your metabolism can also function healthfully and within a normal manner. Scientists are trying to prove that, more so in girls than in boys, childhood obesity can play a role in early onset puberty. However, there's a particular amount of common sense to be had in looking at what we know. For example, we know that kids who are obese and overweight grow faster and enter puberty earlier. But it is a time in which clear decisions need to be made as to what causes what. While this is clearly not a serious threat to health as other obesity related medical conditions, there are certain implications that go along with an abnormally young age for the onset of puberty. Not only that but that, when paired with the feelings of being ostracized and bullied at school, it is a miracle if an obese child or teen doesn't develop a major social dysfunctional disorder. Another term people use is "social disabilities" which come with a high degree of high levels of unhappiness, depression, etc. A natural result of all of this is extreme levels of stress which are well-known to be unhealthy from a psychological perspective as well as physical. This can cause some kids who suffer from obesity to start bullying other kids. What, obviously, is happening here is that the behavior is a sign of the anger that has more than likely accumulated from being bullied themselves. For an obese child, the prospects do not appear very promising for a few reasons. When an obese child becomes an adult there is a long list of health problems and diseases that are at risk of. Is there a possibility to reverse the obese condition? An obese teen is sixteen times more likely than a regular teen to become a very obese adult. This is very clearly not boding well for those teens. As an adult these children are looking at a very diminished quality of life because the risk factors start to develop when they are young. The socialization and individuality and personality development process speeds up during the teen years. Not only that but body image development is particularly fragile during the teen years. Obese teenagers have a really hard time developing normally in these areas. What happens is the obese teen will leave high school at potentially severe disadvantages. Normal competition and success levels will be far more challenging for these kids. You already know that there is a horrible social stigma that gets attached to kids and teens who are obese. Even something as simple as going to school is probably unbearable. The effects of constant teasing, bullying and mean comments can leave psychological scars that can last a person's entire lifetime. Every person is going to have a different response to this. Being obese has all sorts of problems and that means that it is very important that someone who has been or is still obese should get counseling so that they can better deal with the damage that has been done. Early onset obesity is a real problem that affects even those who do not suffer from it. It is important to look at this also from the standpoint of cost to society. Obese kids typically become obese grown ups and that comes with all sorts of medical and personal costs. This makes obesity society's problem though most people don't see it that way. Obviously once obese children have reached this point, they are already at intense physical and social disadvantages. Everybody knows just how difficult it can be to lose weight and to be successful at it you need to have strong support and high levels of determination. It is important for parents and friends to offer as much support as they can. Kids and young adults are resilient and have an easier time bouncing back once a healthy direction has been taken. Obviously, however that depends on what--if any--serious medical conditions have been made apparent. An emergency plan of action is what we think these children need, so that they can start to lose weight. Of course we are aware that there are loads of unique situations for these kids. It is a serious situation that so far has eluded serious inroads to reverse. If you are an obese adult or teen, then we urge you to talk to a responsible and informed adult about your weight condition. You need to be informed about what makes your condition happened. Alternatively, something can be done about it, and it is never too late to begin the long journey back to good health. Obese kids and young adults have often been (accurately) described as "the walking wounded." This applies because of the way that obesity affects the mind and the body. Should you need more info make sure you checkout our internet site by heading over this great link - lemon juice liver cleanse. Also, you may jump over to Diet Plans.

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