

## Snoring and Obesity

Obesity is a condition that is plaguing our modern culture. High fat diets and sedentary lifestyles are causing men, women and children to become overweight and face serious health concerns. These days, virtually every health condition is either caused or worsened by obesity. Snoring is not a health condition, but it can signify underlying problems and it can most certainly be caused by excess weight.

When a person is overweight, additional strain is put on all of the body parts and systems. The excess bulk of some parts of the body, caused by a build up of fatty tissue, can even interfere with normal bodily functions.

The noise of snoring is generated when the airflow has to force its way through a blocked or obstructed airway. Excess fatty tissues within the nasal cavities can create an airflow obstruction. The front of the neck is an area where excess fat and fluid tend to accumulate, so the condition becomes even worse when an obese person lies on his or her back to sleep.

If excess weight is a problem, tackling it will bring numerous health benefits. In addition to a reduction in snoring, you'll also enjoy better health and increased vitality.

The first thing to do before starting a weight reduction regime is to see your doctor for a complete physical. A proper check up will determine if you have an undiagnosed metabolic problem that is contributing to your excess weight. Obesity may also be linked to type II diabetes and high cholesterol levels. In any of these cases, medication can be taken to help combat the problem.

If no underlying medical condition is found, the best way to lose extra pounds is by changing your energy equation. Your equation must balance the calorific daily needs of the body with the sum of the calories consumed, less the calories you burn. Any alteration made on one side of an equation must have a corresponding change on the other side. So if we reduce the total number of calories available to the body, either the number of calories consumed has to be reduced or the number of calories burned must be increased. If only it were that simple!

Obesity can quickly become a way of life when food becomes a way of meeting emotional needs, rather than simply fulfilling a physiological requirement to supply energy. While overweight and obese people know that they need to lose weight, not everyone is able to translate that knowledge into productive action.

A number of drugs are available to assist with the obesity problem, ultimately alleviating the snoring. Some drugs can effectively suppress the appetite, but are not widely prescribed because they tend to have unpleasant side effects. Some drugs act to absorb fat from the food ingested, rather than allowing the body to absorb the fat and the associated calories.

As an option to medicinal treatments, many people are turning to surgical procedures to help in their fight against obesity.

Another very serious condition caused by obesity is sleep apnea. This condition affects breathing during sleep, and can actually stop breathing altogether. When the survival reflex eventually kicks in to restart the breathing, a very long, deep and noisy breath is taken. Snoring is a common sign of sleep apnea.

Considering the numerous health risks associated with obesity, the problem of snoring can pale in comparison and seem rather insignificant. The alleviation of snoring is however one more wonderful side effect of weight reduction.