

Lipodermatosclerosis and Obesity

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Sample of Content:

Being overweight is often a contributing factor to the development of lipodermatosclerosis.

Content:

When it comes to the subject of obesity, most people are familiar with the most common problems associated with being overweight. That is, they understand a host of cardiovascular problems such as heart disease can occur when you are overweight. Of course, heart disease is not the only possible problem as diabetes, liver problems, and strokes are also associated with being overweight. These problems, however, are the most cited examples of medical conditions that can derive from obesity. There are a multitude of other problems that being overweight can cause as well. One such problem is a lesser known condition of lipodermatosclerosis. Granted, while many people are unaware of this condition it is still a serious problem that negatively effects many people.

So, what exactly is [lipodermatosclerosis?](#) Per the US National Library of Medicine, lipodermatosclerosis is a [connective tissue disease](#) that collects around the

ankle area of the leg. This condition is recognizable by its very obvious appearance which includes plaque on the legs. This plaque is very swollen in appearance and causes a great deal of pain for the person who is afflicted. It should come as no surprise that this condition is painful. After all, the every time a person walks stress will be placed on the ankle. That means that the hardened plaque will abrasively rub against the tissues in the leg. As a study by Boston University points out, this condition can also contribute to the onset of ulcers. It goes without saying that this can cause significant pain as well and the condition is serious.

While not all people who suffer from this condition are overweight, the percentage of those who do suffer from that that are overweight is significant. This should come as no surprise since the condition is the result of inflammation of fat in the legs they contributes to problems with vein circulation. As a result, a deformity occurs above the ankle that takes on a strange, bowling pin type shape. Since it is inflammation in an area that fat collects it goes without saying that if one did not have a high percentage of body fat then the onset of this condition might not occur.

What needs to be stressed here is that reducing body fat is no guarantee that one will never develop this condition. Again, there is a percentage of non overweight people who suffer from the problem. However, if you are obese then you are greatly contributing to the potential to develop the condition. Therefore, keeping one's weight under control would do wonders for eliminating some of the odds of this condition developing.

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About the Author:

Peter Kent is a best selling author of 50 books and hundreds of newspaper and magazine articles. He also manages the site <http://www.legalview.com> which hosts information on a variety of resources such as Lipodermatosclerosis and [Nephrogenic Systemic Fibrosis](http://nsf-nephrogenic-systemic-fibrosis.legalview.com).