

Tech -Related Health Risks and Their Prevention

Life in today's perspective has become technology Dependent The technological instruments like computer, laptop, smart phone, iPod etc. Provide lots of work easier Disorders like visual, musculoskeletal, mental and emotional are quite common for these users.

Modern Sedentary Life Styles

- Lack of physical activity
- Less cognitive work
- Stressful mind mobilisation
- Selfish human relationships
- Unhealthy movies
- Video games and chat

Tech-Related Diseases

- Smartphone and stress
- Laptop and headaches
- Internet causing anxiety
- Allergies and cell phones
- BlackBerry thumb
- Cell phones and car accidents
- Computers causing wrist pain
- Computers causing back and neck pain
- Decreased sperm count from Wi-Fi
- Hearing loss from headphones

Smartphone and Stress

Feeling a bit anxious, Scientists have found an association between smart phones and stress, as people constantly check messages and alerts. why hasn't he/she texted me back? You'll never miss a call, text, email, social update, video or anything else that can be beamed into that nifty little device and how else would we update our face book page every few minutes,

catch up on all that desperately important email or, generally, make sure we were contactable and available every single waking second of every day?

High stress level

- Too much use of electronics gadget the secretion of cortisol hormone increase and decrease happy hormones like Melatonin, serotonin, Dopamine
- Reduce duration of sleep.

Laptop and Headaches

Straining eyes by staring at the computer screen for too long can cause headaches and blurred vision.

Internet Causing Anxiety

Excessive health anxiety caused by online searches

Allergies and cell phones

- When phones come into contact with faces, a facial allergic reaction. A Study suggests the nickel, chromium and cobalt found in common phones made by various companies , can cause skin irritations.

- Danish and US researchers found at least 37 incidents since 2000 where contact dermatitis was caused by mobile phones.

- Cell phones can be covered in bacteria, due to use of toilet, touch the public places ,causing facial oils to collect the those bacteria when placed against the face. The result is that unwanted pimples on cheeks and chins. Its need to wipe down phone regularly and clean your hand after the use of toilet and public place.

Blackberry Thumb

It is a stress injuries to the thumb, which can cause tendonitis. Tendonitis from working in such a small space with the thumbs And while a thumb injury may derail texting habits, it can be quite painful.

"BlackBerry thumb" is the name given to a repetitive strain injury caused by overusing mobile phones to send emails and texts.

Cell phones and car accidents

Chatting on the phone while driving is more than just distracting— it can actually reduce activity in the brain and draw our focus away from the road. So ditch the phone and keep both hands on the wheel And don't even think about texting.

Computers causing wrist pain

Carpel tunnel, one cause of wrist pain, can occur from excessive typing.

Computers causing back and neck pain

Research study found leaning in to read the small print on a tablet screen can strain the neck. And other research suggests hunching over that laptop or desktop can cause pain in the neck and back.

Decreased sperm count from WiFi

A study by (Conrado Avendano, 2011) of Nascentis Medicina Reproductiva in Cordoba found that radiation from Wi-Fi can kill sperm if the computer is too close to the crotch.

The wireless connection creates electromagnetic radiation that damages semen, comment by the scientists, from the United States and Argentina. Journal of fertility and Sterility of USA reports said that 25 per cent sperm moving stop due to Wi-Fi and 9 percentage of sperm them damaged DNA. Hearing Loss From Headphones Listen up and turn the music down. Blasting those tunes through our headphones can lead to hearing impairment

Exercise and Yogic Practices as a Tool for Cure And Prevention

Yoga is an ancient aspect and one of the six Indian philosophy. The propounder of yogic philosophy by sage Patanjali defines in his second aphorism “Yogah chitta vritti nirodh”. It mean that yoga is a process of restraining or control over the mind from the taking various forms of vrittis.

Yogic practices develops such kind of things -

1)Moral Values, 2)Self Purification, 3)Build Fitness, 4)Make healthy Habits, 5)Control of Breathing, 6)Mortification, Concentration, 7)Increase of Awareness, 8)Capacity of Man

Recommendation from past study Reports

Smartphone Related stress:

Sukhasana , Marjaryasana, Uttana Shishosana, Paschimottanasana, Janu Sirsasana, Sirsasana, Balasana, Savasana and pranayama likr Bhramari, Setali, and meditation.

Laptop and headaches

Hastapadasana (Standing Forward bend) Setu Bandhasana (Bridge pose) Shishuasana (Child pose) Marjariasana (Cat stretch)Paschimottanasana (Two-legged Forward bend) Adho Mukha Svanasana (Downward Facing Dog pose) Padmasana (Lotus pose) Shavasana (Corpse pose) Taratak: up and down, side (right and left), diagonal(right and left), rotation(clockwise and anti clockwise)

Internet causing anxiety

Asanas like Bow Pose, Bridge Pose, Cat Pose, Cow Pose, Easy Pose, Extended Puppy Pose, Extended Triangle Pose, Fish Pose

Allergies and cell phones:

Habits build from Niyama, Kriyas like Kapalbhathi, Dhauti, Nauli, Asanas like Marichyasana, Matsyasana and Anulom-Vilom Pranayama.

BlackBerry thumb:

Finger Stretch, Mudras

Cell phones and Car Accidents

Needs to build general awareness through Dharana, Dhyana and Meditation

Computers causing Wrist pain

Basic wrist stretches pose and poses like Gomukhasana, Parvatasana, Padahasthasana, Crow, Chaturanga, Handstand, Plank, and Side Plank pose etc.

Computers causing Back and Neck pain

Padangusthasana, Bharadvajasana, Setu Bandha Sarvangasana, Marjaryasana, Utkatasana, AdhoMukhaSvanasana, Sukhasana, Trikonasana, Salvasana etc.

Decreased sperm count from Wi-Fi

Restricted use of Wi- Fi and practices yoga like Agnisar kriya, Halasana, Setubandhanasana, Dhanurasana, Ashwini Mudra, Bhastrika pranayam etc.

Hearing loss from Headphones

Balasana, Viparita Karani, Eka pada pranamasana, Hasta Uttasana, Paschimottanasana etc. and pranayamas like Ujjayi, Bhramari

Suggested Remedies

- Turn phones to silent or plan to check it only every few hours
- Take a break from the smart phone
- Keyboard should be low enough so the wrist doesn't bend upwards.
- When using a laptop or desktop, use a standing desk or build a makeshift one
- Don't use headphone in trains, planes, and automobiles, unplug completely
- Controlled internet anxiety
- Increase attention span

Be aware on Social Networking

- Take safety measures for using technological gadgets
- Regular practice yoga and meditation

- Maintain food habit
 - Less use virus effective technology
 - Less use of cell phone from danger situation
- Use bacteria protected instruments
- Protect eyes from laptop, computer and mobile
 - If you know you have arthritis or joint problems, avoid excessive use
 - If you feel strain or pain, stop and rest your hands
 - So ditch the phone and keep both hands on the wheel and don't even think about texting.

Death from Social Networking

Social media is a relatively new phenomenon that has swept the world during the past decade. There is increasing evidence that the Internet and social media can influence suicide-related behaviour. Suicide is a considerable public health problem, more than 30,000 suicide deaths in the United States and nearly 1 million suicide deaths worldwide occur every year.

Suicide is the third leading cause of death for youth between the ages of 10 and 24. Cyberbullicide is the term used to define suicide due to having indirect or direct experiences with online aggression. Cyber bullying and cyber harassment are two prevalent ways to lead to pro-suicide behaviour.

2004 to 2010 via survey studies indicated that lifetime cyber bullying victimization rates ranged from 20.8% to 40.6% and offending rates ranged from 11.5% to 20.1% . Lewis et al. studied YouTube videos associated with nonsuicidal self-injury, such as self-cutting, burning, and hitting oneself. 18 or above age Reported that 42% were neutral (neither promoted nor discouraged nonsuicidal self-injury, 26% were against self-injury, 23% provided a mixed message (both for and against self-injury), and 7% were pro-self-injury. 64% had visual representations (such as photographs) of self-harming, specifically cutting. Lewis et al. suggested that these results represent an alarming trend that may foster communities in which no suicidal self-injury is encouraged and therefore increase the risk for self-injurious behaviour.connections among peers with similar experiences and increase awareness of prevention programs, crisis help lines, and other support and educational resources.

Suicide Prevention programme Lifeline Facebook page had more than 29 300 fans as of November 2011, and the American Foundation of Suicide Prevention Facebook page had

more than 77 200 fans. Both of these Facebook pages provide links to suicide prevention Web sites and hotlines, as well as information about the warning signs of suicide.

- Many groups on Twitter and Blogger designated as suicide prevention. These social media sites allow users to interact and share relevant information, stories, and events in their local areas.

- YouTube also has many videos devoted to suicide prevention, including those in the form of public service announcements.