

Reducing the Health Risks of Electronic Devices

As computers and other electronic devices are becoming more widely used, little consideration is given to the health risks they pose. This situation should change soon to avoid unnecessary injuries and even serious health risks.

Electronic devices such as laptops, tablets and smart phones can alter sleep patterns in ways and to an extent that we had not realized so far. A study showed that people using iPads before bedtime took longer to fall asleep than people who hadn't used them. In addition, they were sleepier and less alert the following morning. And the sleep loss can have long-term health consequences such as obesity and **diabetes**.

What makes matters even more complicated is the fact that the current generation of youngsters is becoming more used to juggling several devices. They may be watching TV and using electronic devices at the same time. Television is often used as background entertainment while people do something else. We have a new generation of youngsters who can no longer imagine life without these wireless devices, and who are totally ignorant of their negative consequences on health.

According to some research findings, adults who have used mobile phones intensively for at least ten years experience an increase in several kinds of cancer. Although some of these cancers could have occurred by chance, they may also be an early indicator of risk, a situation that deserves further research.

Perhaps the best way to avoid some of the negative effects of these devices is to use them in moderation and, when possible, to store them far away from the body. Parents have the responsibility of making their children aware of the dangers these devices pose for their health, and make sure that they are used judiciously.

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Additional vocabulary

Pineapple – pole vaulting – committee – crystal - cemetery