



Disconnecting from Time to Time is Good for Health

Said Jidane and Lahcen Belyamani*

Department of Emergency Medicine, Mohamed the Vth Military Hospital, Medicine School, Morocco

Editorial

Despite the political war declared in recent days, the Smartphone is a significant technological advance in the field of communication. And it is true that mobile phones have changed our habits, and the way we operate and communicate. There are more than 4 billion mobile phones in the world today. Consequently, we spend more time on our screens and it is clear that this intensive use has a negative effect on our health. Indeed, the WHO notes that the risks of a traffic accident are multiplied by 3 or 4 when using mobile phones while driving. Quite simply, the repeated use of the mobile is very bad for the spine. A study by surgeon Kenneth Hans Raj showed that leaning his head 60 degrees forward to look at his phone was equivalent to a pressure of nearly 30 kilograms on the neck muscles. In recent times, the mobile phone has been pointed for its ability to increase the risk of brain tumors, especially gliomas whose risk is multiplied by 4. This concern is born because of radio waves, which are a form of non-ionizing radiation, which can be absorbed by our body. The Federal Communications Commission (FCC), tried to control the levels of radiation emitted by mobile phones, to determine the rates allowed. According to this agency, all mobile phones must be tested to measure their Specific Absorption Rate (SAR). It is an index that provides information on the quantity of energy emitted by the radio frequency waves and absorbed by the user of the mobile phone when it is close to the ear. This index is expressed in Watt/Kg, and should not exceed 1.6 W/Kg according to the FCC. To all these studies we can add that of the European Union which proves that "the electromagnetic fields generated by mobile phones cause breaks in the DNA and increase chromosome aberrations." So as smart phones have become a necessity today. If we cannot protect ourselves, we should protect at least our children because their brains would absorb more waves than an adult.

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*Correspondence:

Lahcen Belyamani, Department of
Emergency Medicine, Mohamed the
Vth Military Hospital, Medicine School,
Mohammed Vth University Rabat,
Rabat, Morocco,

E-mail: belyamani@gmail.com

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