

Are today's gadgets making people sick?

Lots of casual technology users are paying a very high price for the modern conveniences that their gadgets afford them: Their health, and, in some cases, even their lives, are in jeopardy. Here you have the examples of some "modern-day maladies" caused by people's lifestyle and love for gadgets.

Sore Thumbs

The diminutive keyboards on BlackBerrys, and other QWERTY phones can damage one's ability to signal approval with a good old "thumbs up."



Pain, numbness, swelling and tendinitis are all symptoms of what the American Physical Therapy Association officially recognizes as "BlackBerry Thumb," caused by overworking the one digit that separates us from the apes.

Acne and Rashes

According to microbiologists from England's Manchester Metropolitan University, your cell phone is home to more bacteria than your toilet seat--bacteria that can cause very serious illnesses such as pneumonia and meningitis.



In most cases, though, a visit from the acne fairy is the worst it gets.

Addiction

Like just about everything else that's fun in this world, the Internet is a magnet for compulsive types.



Whether it's in the form of a poker site, role-playing video games or even eBay, online addiction is estimated to affect between five and 10% of the population, ruining lives and relationships along the way.

Mobile Elbow

Wrist injury experts say that the nerves in your elbow get "stressed" if they are stretched too much during phone conversations. This could result in long-term injuries to your hands and wrists.



A Pain in the ... Hands

Though carpal tunnel syndrome's shining moment in the media spotlight may have come and gone, the ailment is still very much real for many a hobbled keyboard jockey. According to AOL Health, carpal tunnel occurs when the median nerve in your forearm becomes pinched due to swelling.

The effect is numbness, tingling and pain in the palm side of your thumb, index and middle fingers.



Poor Vision

Missile-locking your eyes to a monitor all day can lead to Computer Vision Syndrome (CVS), the symptoms of which include blurred vision, light sensitivity and headaches.

That's because we humans weren't built for computer work.



1. What health problems can some gadgets cause?
2. Which seem to be the 2 major causes of these ailments?
3. Do you depend on any tech device?
4. Have you ever felt that a certain gadget was harming your health? In what way?
5. How many gadgets do you have?
6. What's your favourite one? Why?
7. How long do you spend on it every day?
8. Choose the correct word to complete the sentences.
 - a) She has got an **earache**/ear pain.
 - b) My brother was badly **injured/damaged** when he was run over.
 - c) They are feeling **a lot of pain/painful**.
 - d) After a short **disease/illness** he got back to work.
 - e) She has got a **sore/painful** throat.
 - f) Bacteria usually cause **diseases/illnesses**.
 - g) Yesterday I had a terrible **toothache/toothpain**.
9. Name these parts of the body.

