



Side effects of mobile phone use!

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Uses of mobile phones

- Communication
- Small and Convenient
- Photos and Video
- Texting
- Fashion and Self-Expression
- Entertainment
- Notes and Reminders
- Video in Real Time
- Calendars and Organization
- Maps, Navigation, and Travel
- Learning and Research
- Online Banking and Finance
- Address Book and Contacts
- Remote Working
- Emergencies
- Watches and Alarm Clocks
- Calculator
- Flashlight/Torch
- News, Sports, and Live Events
- Crime Prevention and Evidence Gathering



Phantom Pocket Vibration Syndrome



About 68% of people experience “phantom vibration syndrome” where you mistakenly think your phone is buzzing in your pocket.

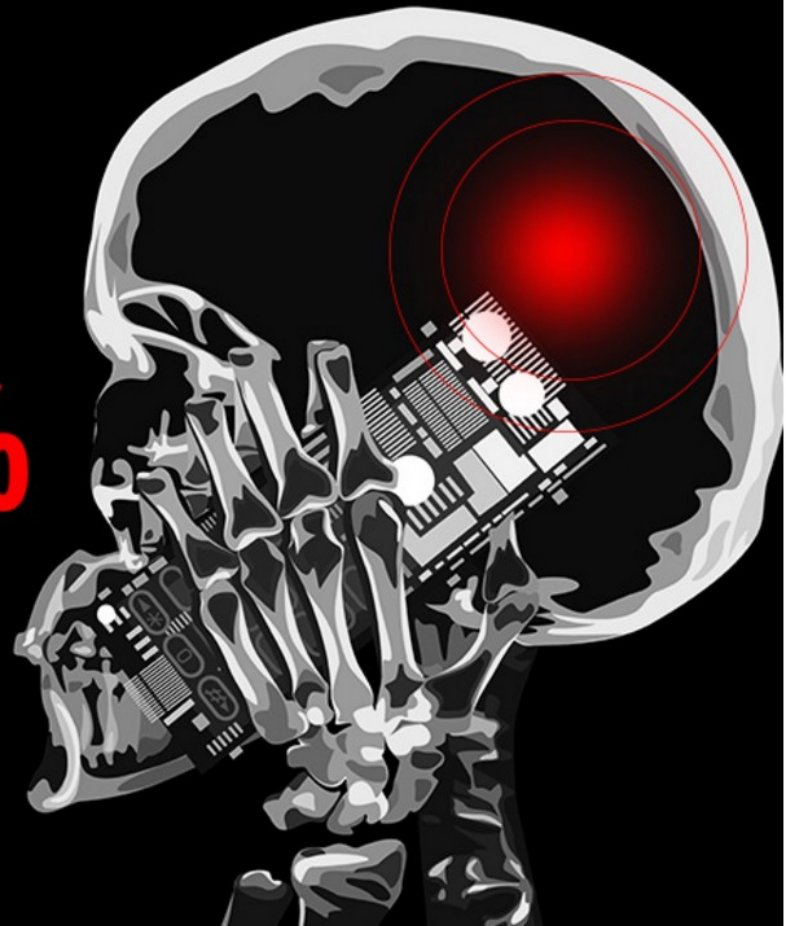
Blurred Vision



Brain Cancer Risk

USING YOUR CELL PHONE A
HALF HOUR PER DAY
INCREASES
YOUR RISK OF
BRAIN TUMOR BY **40%**

The TRUTH About
CANCER
educate • expose • eradicate



Sleep Disorders

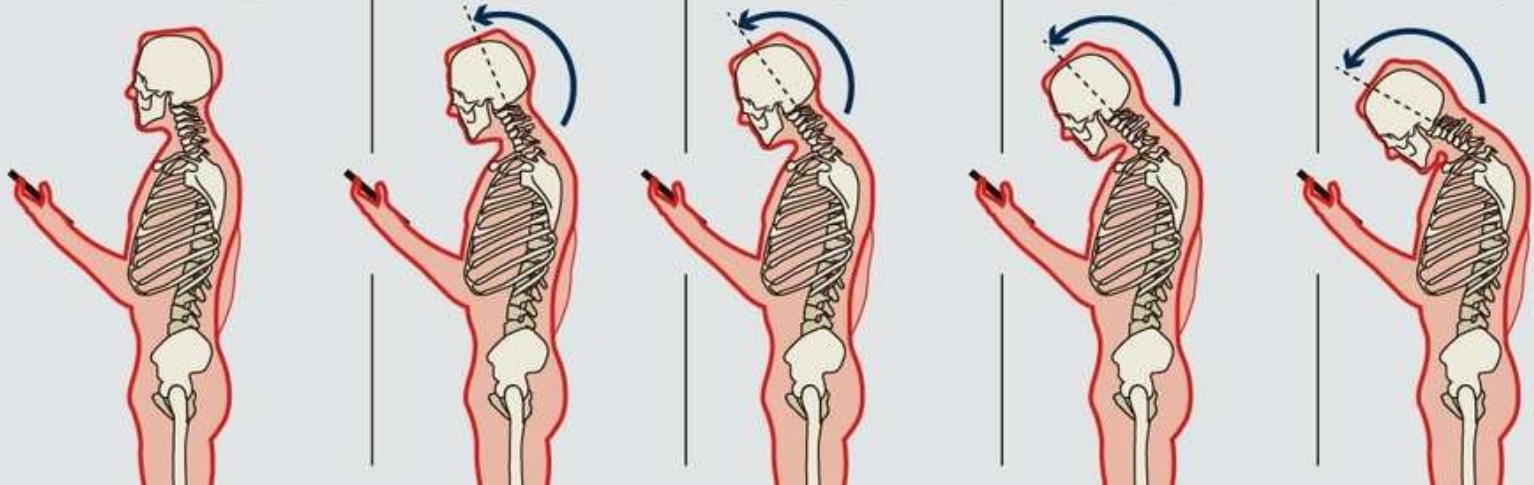


Neck and Back Pain

How texting could damage your spine

Forces on the neck increase the more we tilt our heads, causing spine curvature

| Force on neck | 10-12lb | 27lb | 40lb | 49lb | 60lb |
|---------------|-----------|------------|------------|------------|------------|
| Neck tilt | 0 degrees | 15 degrees | 30 degrees | 45 degrees | 60 degrees |



Accidents



Increases Anxiety



Cyber Bullying



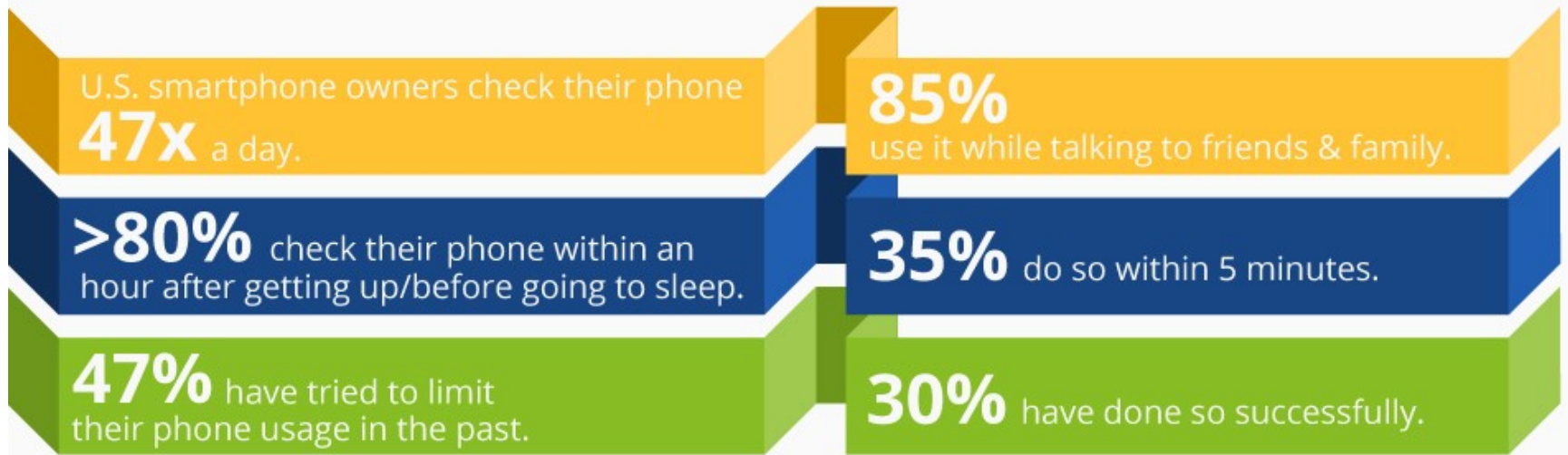
Stress



Phone Addiction



Time for Digital Detox? America's Smartphone Addiction



Top 5 steps taken to limit phone usage



6 Reasons to Put Your Phone Away



by @Inner_Drive
www.innerdrive.co.uk



Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

Warp Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing leads to worse moods and increased anxiety.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness.



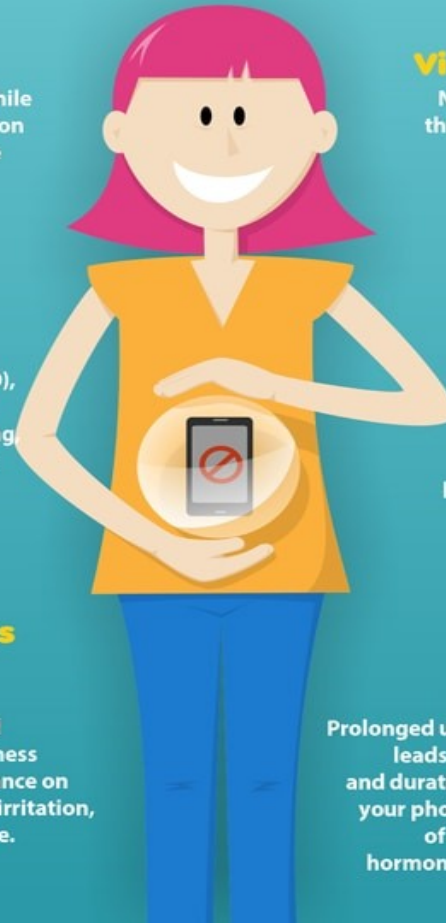
Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Makes You Sleep Worse

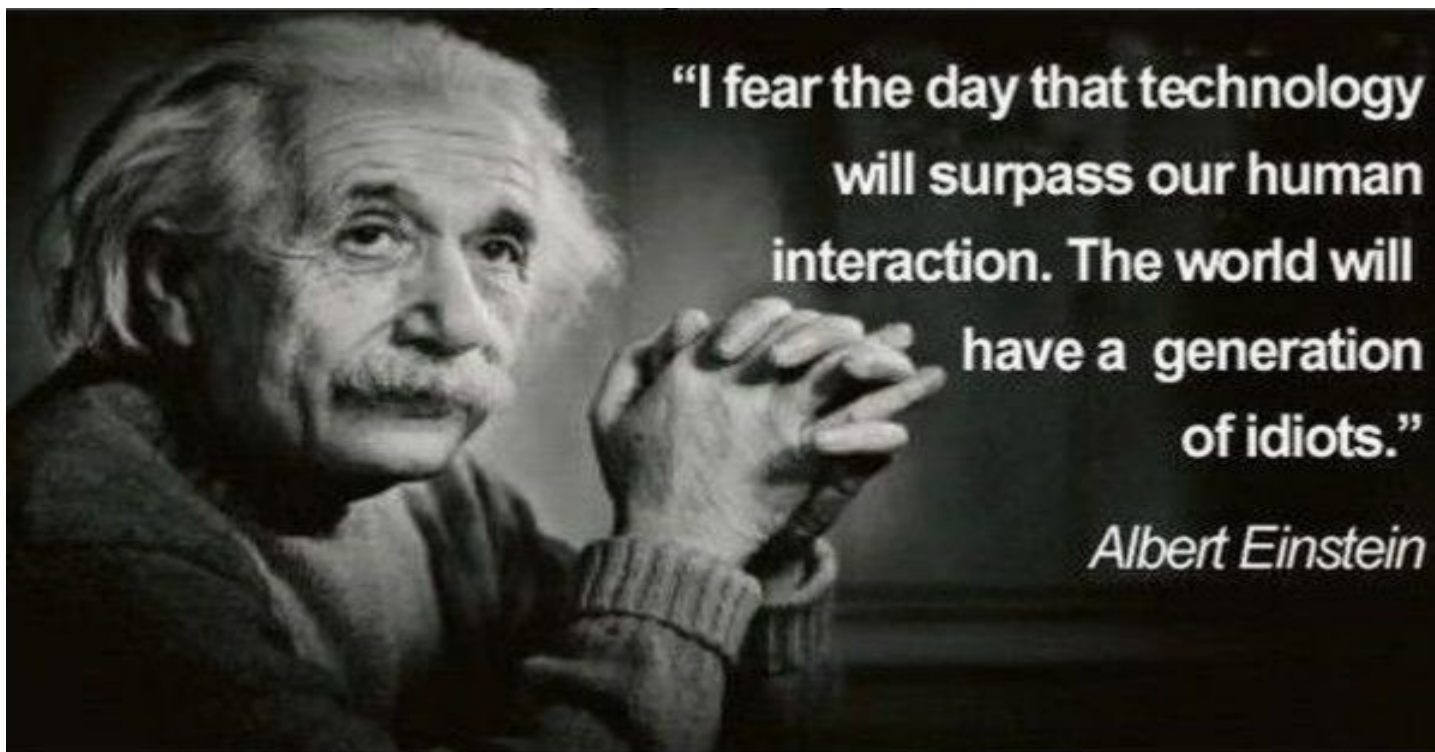
Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.



12 Ways to Manage Your Mobile Phone

by @inner_drive | www.innerdrive.co.uk





**“I fear the day that technology
will surpass our human
interaction. The world will
have a generation
of idiots.”**

Albert Einstein