

FAST PACE

by:

Mary Ann R. de Guzman
Dental Aide SDO Bataan

Before the pandemic hits us, our way of living is getting more instant fast changing. And that is because of technology. Even if our country is considered having the poorest internet connection, it still gives us a major impact in our lives. Let's take for example the student. Libraries are no longer popular. Because in just one click with google you can read anything, you can know anything.

Then the pandemic came. Amidst the problems that it has brought us, still, we manage to turn it into opportunities somehow. In business for example, buying groceries or clothes or shoes is as easy as 1,2,3 clicks nowadays. Paying the bills can now be done online. Studying can now be online.

Now, the alarming truth with regards to these is our health, not just our eye health but it also has an impact on the holistic aspect.

Tablets, computers, cell phones etc. Has radiation that badly affects our eye sight. The blue light that it emits damages our eye's retina. It causes photoreception damage as a result of loss of vision. Another health impact is that not all that we read in social media are true. Some of us are careless or don't know what is the fact or not. But I bet that all is somewhat entertaining to us. That is why we share it or even believe in it. And sadly, some of it, for some makes a really depressing result. That is now our mental health we are talking about. One more thing, using gadgets, for games or even when you are just reading or scrolling from your phone makes you apart or distanced from the real world, your friends, family even work which may later on damage one's performance or social life. You started to become aloof to your significant circle of people in your life. Of course,

it is important, they are important. We may not always like it but we need our family and friends to make us stronger to face the challenges and to help us stand up once again after life stumbles us.

So, this is a calling, a reminder to all of us. That yes, improvement is good. Innovations are important. But let's be mindful also of our health. Don't let the fast changing of living brought by technology do a fast pacing also to our body, to our health. Be cautious and disciplined about everything.

References:

www.mayoclinic.org