



Present Day Status of Mobile Abuse by Children

Gowhar Ahmad*

Director, Department of Ophthalmology, Florence Hospital Multispeciality Center, Chanapora Srinagar, Kashmir, India

***Corresponding Author:** Gowhar Ahmad, Director, Department of Ophthalmology, Florence Hospital Multispeciality Center, Chanapora Srinagar, Kashmir, India.

Received: May 10, 2019; **Published:** September 01, 2019

At present in third world countries lot of advances are taking place in fields of technologies medicine and engineering.

In this context lot of models of mobiles have come up in the market and every day we get the latest ones these mobiles had the basic emergency modality however it has just become a toy not only for children but also for adults we see everybody fiddling with these mobiles irrespective of age

We have seen parents encouraging their children in the age groups of 5 to 7 years even younger mobile abuse so as to keep them busy in doing so children become addicted and as they play games for long hours and over a period of months land in to various manifestations which are characterised by following symptoms shown by children in the form of

- Eye ache
- Eye strain
- Headache
- Irritability
- Change in behaviour
- Abdominal pain
- Vomiting
- Vertigo
- Blurred vision

- Diplopia
- Squint
- Delayed milestones
- Even epileptic attacks

Parents think that her children with these symptoms have some paediatric problem however when seen by paediatricians their is no obvious problem however when referred to ophthalmologist most of them have got an astigmatic refractive errors and have to use glasses at a very early age this is nowadays called mobile laptop syndrome one can call it mobile.

So, it is important for parents that they should not encourage their children for mobile abuse encourage them to ply indoor or outdoor games and sports.

Volume 2 Issue 10 October 2019

© All rights are reserved by Gowhar Ahmad.