

# The Effects of Using Smartphones on Your Brain

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## Introduction

During the coronavirus disease 2019 (COVID-19) pandemic, many of us may relate to spending too much time on our phones. With a weekly screen time report, your phone may even inform you how much time you've spent browsing and scrolling. You're not alone if your stats aren't pretty. According to Zenith, even before the epidemic, the average American spent around 3 hours and 30 minutes per day on mobile internet in 2019, up nearly 20 minutes from the previous year. Smartphones have become an indispensable part of our lives, but what impact does all of this swiping and looking at displays have on our minds? This is all we know thus far.

## Description

Mobile radiation has two adverse impacts in general. Of course, there's the heat impact. An hour of talking on a phone plugged into your ear produces the same amount of heat as a minute in the microwave. The biological consequence is the other. For the uninitiated, our cells interact with one another and cell phone radiation disrupts that connection. This occurs because our body waves are random, but all man-made radiations are systemic, disrupting normal functioning and forcing our cells to interact harder. The researchers employed a mix of natural elements to create the device. Mobile radiation is in the megahertz range, whereas chip radiation is in the terahertz range (low intensity waves). Inherent materials used to produce the EnviroChip, such as wood and marble, contain natural vibrations. Because they are natural materials, they generate random waves that convey the systemic waveform from the phone in a random form that is safe for our bodies.

The radiation released is the source of most of the worry about the health and safety dangers of mobile phones. Radiofrequency energy, or radio waves, is emitted by mobile phones and may be absorbed by biological tissues. Heavy mobile phone use has been related to some brain cancers in the past.

However, according to Martin Röösl, head of the Swiss Tropical and Public Health Institute's Environmental Exposures and Health Unit, the sort of radiation released by a mobile phone is nothing to be concerned about. You no longer need to recall phone numbers or use a map to go around town since your smartphone handles it all for you. According to studies, having too much reliance on your smartphone might lead to mental lethargy. When you offer individuals the opportunity to retain knowledge remotely, outside of their brain, they become more reliant on it. This can really have a detrimental effect on people's memory. They lose the talent of being able to recall things as fresh as they could without that external help because they become too reliant on it.

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Received: 24 February, 2022, Manuscript No. JMT-22-62213; Editor Assigned: 26 February, 2022, Pre QC No. P-62213; Reviewed: 05 March, 2022, QC No. Q-62213; Revised: 15 March, 2022, Manuscript No. R-62213; Published: 23 March, 2022, DOI: 10.37421/2471271X.2022.08.206

Several research have been undertaken to see if mobile phone use causes cancer, but none have been able to provide conclusive proof. Glioma, a kind of brain cancer, was shown to be somewhat more common in a small sample of persons who spent a lot of time in front of their screens, according to one research. Other research, on the other hand, found nothing similar. The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) have yet to make any remarks about the relationship between cell phones and an increased risk of cancer, particularly brain cancer. A study is being conducted to see if there is a relationship between the two [1-5].

## Conclusion

While there is no evidence that mobile phone usage increases the incidence of brain tumours, the rising use of mobile phones and the paucity of data on mobile phone use across time periods longer than 15 years call for more research into the relationship between mobile phone use and brain cancer risk. With the increased popularity of mobile phone usage among younger people and the possibility for a longer lifetime of exposure, WHO has encouraged further study on this demographic and is actively evaluating the health impact of RF fields on all endpoints evaluated. A cohort study in Denmark combined billing information from over 358,000 cell phone customers with data from the Danish Cancer Registry on brain tumour incidence. Even among persons who had been mobile phone customers for 13 years or more, the studies revealed no link between cell phone usage and the risk of glioma, meningioma, or auditory neuroma.

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How to cite this article: Khandaker, Mayeen Uddin. "The Effects of Using Smartphones on Your Brain." *J Ment Disord Treat* 8 (2022): 206.