

The use of a toilet smartphone increased the risk of hemorrhoids by almost 50%

A new study showed that the use of a smartphone during a visit to the toilet can increase the risk of hemorrhoids by almost 50%. Cause? People sit on the toilet longer.

The study was attended by 125 adults over 45 years old, who took the planned colonoscopy. Participants filled out questionnaires about habits in the toilet, diet and use of smartphones. Doctors checked the presence of hemorrhoids. It turned out that 66% used the phone on the toilet. Users of smartphones spent more than five minutes 37% of the time on the toilet, and not users - only 7%. Most often, people read the news or sat on social networks.

After accounting for other factors, scientists have found that the use of the phone is associated with increasing risk of hemorrhoids by 46%. At the same time, the "tension" during defecation was not a key factor - it was more important that a long sitting was more important.

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