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FOR IMMEDIATE RELEASE:

TEXTING NOW COULD LEAD TO PROBLEMS LATER

Excessive text messaging can lead to health issues in the hands, says Healthcare Associates' orthopaedic hand surgeon Dr. Vincent Ruggiero. Dr. Ruggiero says he has seen a significant rise in problems with the hands in the younger population below 18. "We've seen in some young kids, the development of carpal tunnel syndrome and thumb pain from text messaging," he says. "There are some kids who do up to 1,000 text messages a month which seems excessive, but there is no known number for what the limit is for text messaging."

Carpal tunnel syndrome is a condition in which the median nerve becomes compressed at the wrist, leading to pain, numbness and even paralysis of the hand. "It could creep up on you after a period of several months of doing that activity," Dr. Ruggiero says. If caught early enough, however, the pain can be relieved. "If steps are taken to eliminate the offending activities, it can be reversed," he says.

In addition to the texting, video game playing can also play a role. "Lots of times when the kids are text messaging they're also playing a lot of video games and so the effect can be accumulative," Dr. Ruggiero says. The best way to avoid these health issues, then, is simple. "Pick up the telephone and call people," says Dr. Ruggiero. "That's what I tell the kids."

As one of the best hand surgeons on Staten Island, Dr. Ruggiero knows what he is talking about. Our physicians, who specialize in neurology, neurological surgery, orthopaedics and pain management

are the community's preeminent providers of coordinated neurological, neuromuscular and musculoskeletal services. Dedicated to providing our patients with the very best in medical care, we at Healthcare are committed to the ongoing advancement and development of our specialty services.

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