

Rectangle
Double line
Weight: 7.25pt

Bodoni MT Black
Fill: light green
Outline: yellow
Height 1.05"

Line color: violet,
40% lighter
Weight: 2 1/4pt

Custom Drop Cap
Number 4

Calibri, 12pt, justify
Line spacing: 1.5

Lucida Handwriting
14pt, center
Line spacing: 1.0

Fill: Violet, 80% lighter
Outline: green, 3pt,
round dot

Margins: 0.25" all around
Grid Guides: 3 columns, 0.2" spacing between
Horizontal Ruler Guides: 2", 2.5", and 2.75"

Health Bits
Monthly Letter Vol. 4 • Issue 9

Health Concerns Related to Computer Use

The widespread use of computers has been causing health concerns. Computer users should be proactive and minimize their chance of health complications. This article discusses computer health risks and preventions. A repetitive strain injury (RSI) is an injury disorder of the joints, nerves, muscles, ligaments or tendons. RSIs are the largest job-related injury and illness problem in the U.S. Today. OSHA (Occupational Safety and Health Administration) has guidelines designed to minimize or prevent workplace injuries with respect to computer usage. Computer-related RSIs include tendonitis and carpal tunnel syndrome. Tendonitis is inflammation of a tendon due to repeated motion or stress on that tendon. Carpel tunnel syndrome (CTS) is inflammation of the nerve that connects the forearm to the palm of the hand. Repeated and/or forceful bending of the wrist can cause tendonitis or CTS. Common symptoms linked to tendonitis of the wrist include extreme pain that extends from the forearm to the hand, along with a tingling feeling in the fingers. Some symptoms of CTS include numbness and tingling in the thumb and first two fingers, and a burning pain when the nerve is compressed. Long-term computer work can lead to tendonitis or CTS. If untreated, these disorders can lead to permanent damage to your body. You can take may precautions to prevent these types of injuries.

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GROUP MEETING
The next group meeting of the Health Bits Group will be held on Saturday, May 17, at the Glenview Recreation Center (440 Cedar Street) from 11:30 a.m. To 3:00 p.m. A deli luncheon will be served. The guest speaker, Sean Riverton, will discuss how to keep our environment healthy.

MEMBER DISCOUNTS
Beginning May 1, Health Bits Group members are entitled to a 10 percent discount on regular price products at these stores: Office Warehouse, Simply Nutrition, and The Sports Center. To receive the discount, show your Health Bits Group membership card at the time of purchase.

NEXT ISSUE
Next month's issue of Health Bits will discuss hay fever and other pollen-related allergies.

Arial
14pt, bold

Arial
16pt, bold
RGB: 92, 133, 38

Calibri, 12pt, bold
RGB: 128, 128, 0

Height: 1.62"
Width: 1.42"

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