

HEALTH PROBLEMS OF OFFICE WORKERS

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Office Worker

- No physical work
- Only mental work
- Always busy
- No time to relax
- No sleep

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Health Problems of Office Workers

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Factors Affecting Health

- Stress
- Lack of exercise
- Improper nutrition
- Lack of water
- Lack of sleep
- Alcohol
- Smoking

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Stress

- Stress is a reaction to a situation where a person's integrity or existence is threatened
- It may be mental or physical

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Response to Stress

- Nervous- sympathetic activation
- Hormonal- adrenaline and corticosteroids
- Mental- anxiety and loss of sleep
- Result of the above:
 - Increased blood pressure
 - Increased blood glucose
 - Increased blood lipids [fatty substances]
 - Lack of concentration
 - Urge for alcohol and smoking

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Lack of Exercise

- Increased fat in the body
- No development of muscles, bones and joints
- Inefficient circulatory system
 - Heart disease
 - Diseased blood vessels
 - Defective autonomic reflexes
- Loss of mental alertness

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Improper Nutrition

- Consumption of easily digestible high energy substances-
 - Sweets, toffees, cake, tea, coffee, alcohol, highly polished rice, 70% extraction wheat flour, butter, margarine, coconut oil.
 - No timing, fiber, unsaturated fatty acids, vitamins and minerals.
- Result of improper nutrition:
 - Over weight
 - Diabetes
 - Hypertension
 - Ischemic heart diseases

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Lack of Water

- Reduced efficiency of cellular function
- Reduced circulatory volume
- Reduced excretion of urine – [predisposing to renal calculi]
- Constipation
- Hemorrhoids [bleeding through anus and painful defecation]

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Lack of Sleep

- Stress
- Lack of concentration
- Irritability
- Loss of memory
- Unhealthy feeling
- Defective turnover and repair of tissues

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Alcohol

[soon after consumption]

- Inhibition of intellectual function and false sense of being stimulated.
- Loss of judgment, reflection, observation and attention
- Impaired muscular coordination, increased reaction time and increased confidence
- Immediately increased blood glucose and soon reduced blood glucose.
- Sexual function- provoked desire but impaired sexual performance

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Alcohol- Long Term

- Economical problems
- Family problems
- Cirrhosis of liver
- Alcoholic hepatitis
- Chronic myocardial failure
- Peripheral neuropathy
- Memory loss
- Deterioration of social habits
- Slurred speech and unsteady gait

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Smoking

- Chronic bronchitis
- Defective circulation-
 - Ischemic heart diseases, stroke
- Emphysema
- Peptic ulcer
- Early menopause [in females]
- Reduced sperm count [in males]
- Cancer of lungs, mouth and throat
- Reduced life expectancy

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Smoking on Bystanders

- Children:
 - Cough, Asthma, Lung diseases etc.
 - Modeling by elders
- Pregnancy:
 - Low birth weight baby
 - Congenital abnormalities in babies
 - Abortion and still birth
 - Pre eclampsia
- Social problems:
 - Sickness and absence from work
 - Cultivable land for food substances wasted on tobacco plantation etc.

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High Risk Diseases of Office Workers

- Obesity
- Diabetes
- Hypertension
- Ischemic heart diseases
- Stroke
- Peptic ulcer
- Urinary infection and calculi
- Alcoholism
- Addiction to nicotine etc.

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Prevention of the Diseases

- Good recreation
- Physical Exercise
- Good nutrition
- Adequate sleep
- Adequate water

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Prevention of the diseases- 2.

- Avoid-
 - Tobacco
 - Alcohol
 - Sweets
 - Toffees
- Reduce-
 - Tea, coffee (sugar)
 - Coconut oil (saturated fats)

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