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Scrolling on the toilet can damage your body – 12th October 2023

Level 0

Many of us use our smartphone in the toilet. The habit of checking emails on the toilet could damage our body. A doctor warned that bathroom bacteria contain health risks. He said many people do not know about the dangers. He added that smartphone addiction could have some serious results.

People wrongly think it is OK to use smartphones in the toilet. Doing this makes us sit down for longer. This puts extra pressure on our stomach. Bacteria could damage the "toilet areas" of our stomach. The doctor warned that smartphones are dirtier than toilet seats. He said we shouldn't take phones into the toilet.

Level 1

Many people use smartphones in the toilet. Doctors say checking emails or looking at videos on the toilet could damage your body. A doctor who studied the functions of the stomach warned that bathroom bacteria contain health risks. The doctor said many people do not know about the dangers. He said we should stop this habit. He said smartphone addiction could have "some serious consequences".

People wrongly think that using a smartphone in the toilet is harmless. The doctor said bacteria could damage the "toilet areas" of our stomach. Using a smartphone makes us sit on the toilet longer. This puts extra pressure on our stomach. The doctor also warned that toilet bacteria could "breed" on our smartphone. He added: "The average smartphone is dirtier than a public toilet seat, so try avoiding scrolling while using the toilet."

Level 2

Many people use smartphones in the toilet to send texts or check the latest social media videos. Doctors say using your phone on the toilet could damage your body. A doctor who graduated from Harvard University studied the functions of the stomach. He warned that bacteria in the bathroom contain many health risks. The doctor said too many people take their phones to the toilet without knowing about the dangers. He said we should stop this habit. He said being addicted to smartphones can have "some serious consequences".

People wrongly believe that using a smartphone in the toilet is harmless. The doctor said bacteria could damage the "toilet areas" of our stomach. Using a smartphone results in sitting on the toilet for a longer time. This puts extra pressure on our stomach and can make our veins swell up. Another hazard comes from germs. The doctor warned toilet germs can, "make your device a "breeding ground for bacteria". He added: "The average smartphone is dirtier than a public toilet seat, so try avoiding scrolling while using the toilet."

Level 3

Many people use their smartphone in the toilet. They feel it is a good chance to send a text or check out the latest videos on social media. However, doctors say scrolling through your phone while on the toilet could damage your body. Dr. Saurabh Sethi is a gastroenterologist who graduated from Harvard University. He studied the functions of the stomach and intestines. He has warned that bacteria in the bathroom pose many health risks. Dr Sethi said too many people were taking their phones to the lavatory without knowing about the dangers. He urged us to stop this habit. He said being addicted to smartphones, "can actually have some serious consequences, especially whilst doing a 'number two'".

Dr Sethi said many people wrongly believe using their smartphone in the toilet is harmless. He listed several issues that could arise while checking your emails on the loo. One is that it can damage the "toilet areas" of your stomach. Using a smartphone results in sitting on the toilet for longer periods of time. This puts extra pressure on our "tubes" and can make people's veins swell up. Another potential hazard comes from micro-organisms and germs. Dr Sethi warned that your using phone in the loo can, "make your device a "breeding ground for bacteria". He added: "The average smartphone is dirtier than a public toilet seat, so try avoiding scrolling while using the toilet."