

## SITTING: A HEALTH HAZARD FOR COMPUTER USERS

Deep vein thrombosis (DVT) is a blood clot (thrombus) that develops in a deep vein, usually in the leg. This can happen if the vein is damaged or if the flow of blood slows down or stops. Government estimates suggest that 100,000 people in the United States die annually of Deep Vein Thrombosis (DVT), more than of breast cancer, highway fatalities and AIDS combined.

Patients with cancer, those who undergo orthopedic surgery, or who are affected by heart failure are at greatest risk. *However, healthy people, particularly those over 40 years of age, who sit for long periods of time (at a computer, perhaps) are also at risk.*

A new body of research should provide good news for those of us who are more sedentary and who are reluctant to get involved in a rigorous routine of physical fitness. According to the research, you can add years to your life by sitting for no more than 20 minutes at a time before standing (yes, simply standing!) for only two minutes! I am calling this the 20-2 method for maintaining your health.

The free program that you will be able to download and install by going to the hyperlink listed below will remind you when you have been at the computer too long. We will show you how to find it, how to download it, how to install it, and how to configure it during this BKK presentation.

The program, **Cool Timer**, will count down hours/minute/seconds that you have set. At the end of the count down, the program will show a banner message across the screen (a message that you have created).

Use this program to remind you to get up and stand after 20 minutes. Your cardiovascular system will thank you.

[http://www.harmonyhollow.net/cool\\_timer.shtml](http://www.harmonyhollow.net/cool_timer.shtml)

(When downloading the application, be aware that it might come with third-party software attached, most of which you probably don't need or want. Read each page carefully and click on *decline* rather than *next* when appropriate.)