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# How Video Games Affect Health

If you are concerned about the effects of different video games on the health of your children, then you have opened the proper article. Below there is some information you will need to know concerning this topic.

Below there are some positive effects on the health.

Probably you will be surprised, but one of the positive effects of video games is seen in the healthcare aspect. In fact, people who are undergoing different painful treatments for such diseases as cancer could use different video games as the way to distract themselves from the pain for some period of time.

As well video games have a positive psychological effect. You have to know that some video games are used as a part of a comprehensive program and could help autistic children.

Different research studies have shown that playing different video games could improve some mental faculties like hand-eye coordination. Such games as puzzles and strategies are able to provide intellectual stimulation and improve problem solving.

At the same time there is a great variety of reported negative effects of different video games on health. One of the negative effects of video games on health is because of the prolonged play of video games. It is extremely important to encourage children to balance the time out with some other activities.

People who are susceptible to epileptic seizures may experience seizures when they see rapid screen changes happening in the video game.

People who live inactive style of life and spend a lot of time playing video games as a rule suffer from some type of diseases later on their life like muscle problems, heart problems and obesity. As a rule, this is combined with low quality diet.

As well, there are some research studies that suggest that there is a certain connection between increased aggression and violent video games.

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