

Time on The Toilet

Texting, blogging and surfing the internet are just some of the activities that more than **75%** of people admit to **doing while on the toilet**, according to a survey. And **6%** of the people surveyed also admitted to **eating and drinking** while on the toilet.

The survey of more than 2,000 people found that **33%** have conducted a **telephone** conversation while on the toilet and **7%** have **searched the internet** or bought goods online. The research also revealed that 14% of men said they read souvenir football match programs on the toilet, while 18% of men said they completed a crossword or Sudoku puzzle.

But this **multi-tasking could be taking a toll** on our health. The survey found that **18%** of those surveyed have suffered from **cramps** or pins and needles from sitting on the toilet too long. Despite this, 65% of the people surveyed said they were unaware that sitting on the toilet too long could cause hemorrhoids.

“Some people do occupy their time on the toilet for all sorts of reasons – generally this is harmless, but there are a few health risks worth being aware of,” the researchers said. “There are problems which **can worsen** from spending too long on the toilet, such as **hemorrhoids, bleeding** and problems with **emptying the rectum**. More importantly, eating on the toilet runs the **risk of contaminating the food** with bacteria from the toilet. This may cause a bacterial gastroenteritis, which is an infectious diarrhea and can be very severe.”

The survey in Ireland, by Yakult, was done as part of Gut Week (August 24-30 2009), which aims to raise awareness of gut disorders and the importance of good digestive health.