

OPINION

Sibling anesthesiologists caution choking hazards with necks in extended position while eating during wall-mounted television screen viewing and front-row seat movie experience

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ABSTRACT

When television screens are wall-mounted way above the normal and neutral neck position eyelevel, it is but natural that variable degree of neck extension automatically happens to maintain line of view of television screen mounted to variable heights on walls. Same goes for front-row seat movie experience. Herein, irrespective of the age of the person, extended necks and correspondingly enlarged airways could contribute to coughing on food to violently coughing on food to near-choking on food to choking on food when eating during wall-mounted television screen viewing and front-row seat movie experience. Therefore, neutral or slightly flexed neck position while eating may always be better on any given day with no screen and correspondingly engaging activity distracting oneself from the safe execution of an essential activity of daily living without risking choking on the food being relished.

KEYWORDS

Choking hazard; Television viewing; Movie watching

OPINION

As time passes by for the aging parents and their middle-aged children, wall-mounted television screens are moving towards the ceilings thus way above the normal and neutral neck position eyelevel of the aging population (1-2). This is in contrast to bygone times of television screen viewing at way below the

normal and neutral neck position eyelevel when television in consoles used to standalone on the floors maybe giving birth to the slang term “idiot box” for television (3-8). Concurrently, gone are the times when television viewing was interspersed here and there between other essential and major daily activities not involving any other screentime at

all because now are the times when television screen viewing has eroded into and even replaced other essential and major daily activities which are now interspersed here and there between television screen viewing. Therefore, it was bound to happen that activities of daily living like eating have to be interspersed between television screen viewing if not already integrated with television screen viewing.

Herein comes the caution. When television screens are wall-mounted way above the normal and neutral neck position eyelevel, it is but natural that variable degree of neck extension automatically happens to maintain line of view of television screen mounted to variable heights on walls. However, the well-known ergonomics of neck extension contributing to opening the airways during successful cardiopulmonary resuscitations is forgotten in counterintuitive terms of contributing to choking on food when eating with extended necks and correspondingly enlarged airways risking choking on food therein (9-12). No age is immune but extremes of age are more vulnerable with thousands choking on food annually wherein overall prevalence of choking on food could be known but maybe with incomplete knowledge about variability in distribution of risk factors such as the type of foods causing choking or the ergonomics of concurrently performed distracting activities while eating (13-21).

Ironically, it is often underappreciated that how common choking on food could be despite the obvious. Moreover, it is often overlooked that how choking could happen on common and popular foods despite the obvious. Interestingly, while caring for self as adults and for others as their caregivers at their extremes of age, it is often forgotten that how distraction while eating could contribute to choking despite the obvious. Therefore, when choking on food can happen in hospitals too (22), it cannot be expected from commoners or experts to immediately recollect that the extended neck position forced by space-saving interior design aesthetics of wall-mounted television screens and economically motivated

front-row seating for movie experience could create not only sore eyes and sore necks but also sore airways with potentially catastrophic consequences (23-31).

It may be safe to presume that eventual choking on food could present in mild to moderate to severe forms say as coughing on food to violently coughing on food to near-choking on food respectively which could potentially overcome the hesitance in recognizing and thus addressing choking hazards with necks in extended position while eating during wall-mounted television screen viewing and front-row seat movie experience. Ironically, it could be effervescent drinks (as aerated beverages) bought for consumption concurrently with solid foods (despite choking hazards) bought for consumption may not only be saving the economic health of movie theaters at least in terms of skewed production-distribution recoveries but also maybe saving the physical health of moviegoers at least in terms of liquids somewhat countering potential choking on solid foods being chewed and swallowed with necks in extended position.

Considering that while eating and swallowing normally, neutral neck position has been advocated as painless and safe neck position (32), and while eating and swallowing with difficulty, flexed neck position called chin tuck has been considered as painless and safe neck position by speech-language pathologists and other professionals (33-36), front benchers may have been always good only in the past when their teachers were only teaching in person in contrast to nowadays when the teachers are more likely to be teaching remotely/virtually on wide screen projectors making their back benchers viewing with neutral neck position to be safer than their front benchers viewing with extended neck position especially if they are concurrently eating choking hazards while focusing on wall-mounted projected screens (37).

In a nutshell, eating while sitting on table or floor with neutral or slightly flexed neck position may always be better on any given day

with no screen and correspondingly engaging activity distracting oneself from the safe execution of an essential activity of daily living without risking choking on the food being relished.

AUTHORS CONTRIBUTION

Both authors contributed equally.

CONFLICT OF INTEREST

There are no conflicts of interest.

DECLARATION OF GENERATIVE AI AND AI ASSISTED TECHNOLOGIES IN THE WRITING PROCESS

The authors haven't used any generative AI/AI assisted technologies in the writing process.

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