

ESC Congress 2015 Press Conference
29th August, 2015

Watching television and pulmonary embolism mortality

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DECLARATION OF INTEREST

- I have nothing to declare



Pulmonary embolism and lengthy sitting

- **Pulmonary embolism** is a serious, **sometimes fatal**, vascular disease caused by the obstruction of the pulmonary artery
- **Public health** issues related to pulmonary embolism due to **prolonged sitting**
 - **Shelter death** in London during World War II (1940)
 - **Economy class syndrome** during a long-haul flight (1954)
- More common situation, which leads to leg immobility?

Watching Television

The JACC Study (Japan Collaborative Cohort Study)

- How **lifestyle** affects morbidity and mortality
- Over 200 original contributions have been published

Baseline survey
1988-1990

20 years of follow-up

Until the end of
2009

Hours spent watching television per day

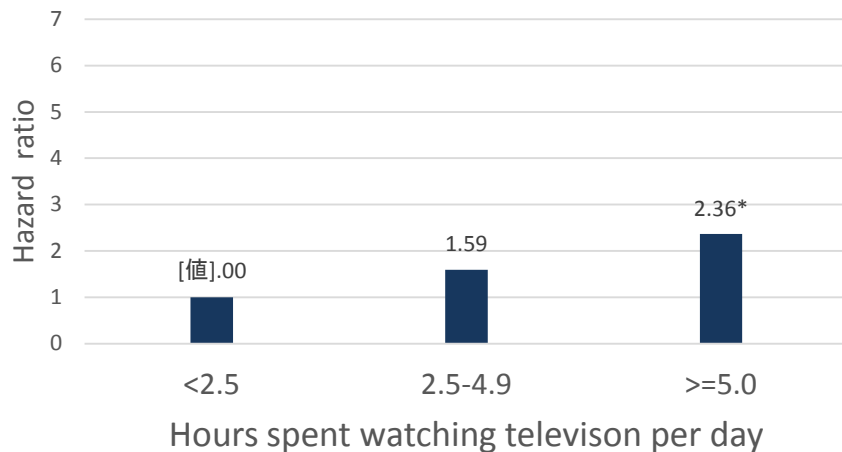
59 deaths from pulmonary embolism

Analysed the data of **86 024** participants aged **40 to 79** years

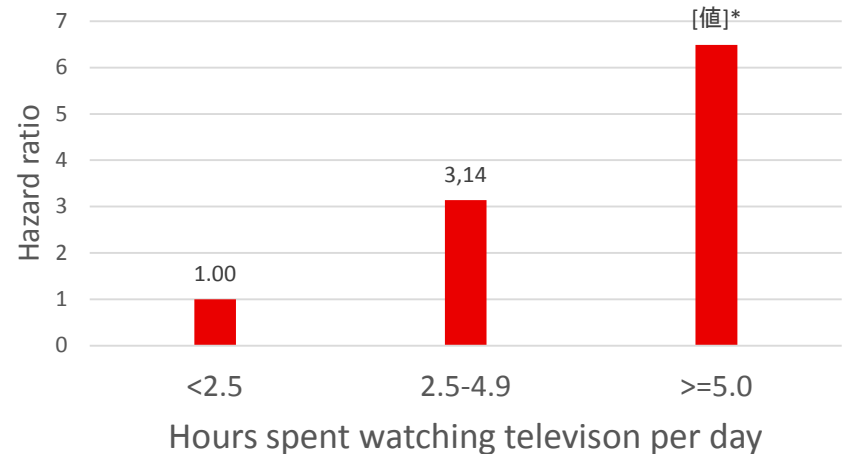
Main results



Aged 40 to 79 years



Aged 40 to 59 years



e5.0 hrs/day = **two-fold** risk

e5.0 hrs/day = **six-fold** risk

Prolonged television watching can be a strong risk factor of fatal pulmonary embolism

Message to the public

- **Prolonged television watching is prevalent**
 - One fourth of the population in Japan watches television for ≥ 5.0 hours per day
- **Prevention**
 - Take a break, stand up, walk around, drink water
- **Prolonged use of personal computers**
 - Cases of fatal pulmonary embolism after prolonged **computer gaming** have been reported

Public awareness of the risk of **pulmonary embolism** from **lengthy leg immobility during watching television** is essential



Thank you for your kind attention.

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