

Mayo Clinic Minute

Does Texting Changes Brainwaves?

Video	Audio
Vivien Williams	Texting behind the wheel is more than just a distraction. Mayo Clinic research shows texting actually changes brainwaves.
William Tatum, D.O. Neurology Mayo Clinic	“In the front of the brain we saw this rhythm occur repeatedly and consistently with text messaging.”
Vivien Williams	Epileptologist Dr. William Tatum and colleagues found an altered brain rhythm by accident — while performing routine EEG studies of people with epilepsy who happened to be texting during the test.
Vivien Williams VO: texting	Dr. Tatum says the changes seen in the brain rhythm are temporary, and not likely to be dangerous.
William Tatum, D.O.	“Lends more support to the fact that texting and driving is probably something to be avoided.”
Vivien Williams VO: texting	Dr. Tatum and his team are studying triggers and the role of emotions in this new text-related rhythm. He says more information may have implications for areas such as gaming, and learning more about the effect of computers on brain function. For the Mayo Clinic News Network, I’m Vivien Williams.