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Ataques epilépticos fotosensibles

Un porcentaje escaso de personas pueden sufrir un ataque epiléptico fotosensible cuando se exponen a ciertas imágenes visuales, entre las que se incluyen los patrones y las luces parpadearantes que aparecen en los videojuegos. Incluso las personas que no tengan un historial de este tipo de ataques o de epilepsia pueden ser propensas a estos "ataques epilépticos fotosensibles" cuando ven la vista en un videojuego.

Estos ataques presentan varios síntomas: mareos, visión alterada, tics nerviosos en la cara o los ojos, temblores de brazos o piernas, desorientación, confusión o pérdida momentánea del conocimiento. Además, pueden ocasionar la pérdida del conocimiento o incluso convulsiones que terminen provocando una lesión como consecuencia de una caída o de un golpe con objetos cercanos.

Si sufre cualquiera de estos síntomas, deje de jugar inmediatamente y consulte a un médico. Los padres deben observar a sus hijos mientras juegan y asegurarse de que no hayan experimentado los síntomas antes mencionados; los niños y los adolescentes son más susceptibles a estos ataques que los adultos. El riesgo de sufrir un ataque epiléptico fotosensible puede reducirse tomando las siguientes precauciones:

- Siéntese a una distancia considerable de la pantalla.
- Utilice una pantalla más pequeña.
- Juegue en una habitación bien iluminada.
- No juegue cuando esté somnoliento o cansado.

Si usted o algún miembro de su familia tiene un historial de ataques epilépticos, consulte a su médico antes de jugar.

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Manual Flight Simulator X

R Bogdan



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