

Important Information for All Computer Users!

Computer Vision Syndrome (CVS)

Computer Vision Syndrome (CVS) is a term used to describe symptoms associated with prolonged computer use. It was acknowledged by the American Optometric Association due to the large number of Americans using a computer on a regular basis. Symptoms of CVS include:

- ?? Blurred Vision
- ?? Headache
- ?? Eyestrain
- ?? Neck and/or backache
- ?? Double vision
- ?? Dry Eyes

Dry Eye Syndrome (DES) has symptoms of dry, red, and irritated eyes, and can be caused by many conditions, including a dry environment, age, post-LASIK, lid abnormality, systemic medications, chronic disease, and CVS ⁽¹⁾.

Due to the fact that the aging population is using computers on an extended basis, DES linked with CVS is becoming more common. This problem occurs because computer users put their monitors too high and blink less while using their computers ⁽¹⁾.

Studies show that our blink rate decreases by a factor of 3 while viewing a computer, as compared to non-visual tasks. A decrease in blink rate is thought to result from concentration on a task and limited eye movements when looking at the computer screen. In addition, when we gaze upward at the monitor, the exposed ocular surface increases, which leads to increased tear evaporation or tear loss and a larger percentage of incomplete blinks, both leading to dryness ⁽¹⁾.

FACTORS THAT AFFECT THE EYES WHILE USING A COMPUTER:

1. The Monitor

When the screen flickers / jitters, your eyes will strain to see it.

TIP: Adjust the brightness of the screen so it is uniform with the background brightness of the room.

2. Eye and Monitor Position

When the monitor is in the straight-ahead position, bifocal / multifocal wearers must raise their head to see through the correct part of their glasses. This is unnatural and can be uncomfortable.

TIP: Adjust the monitor so the top of the screen is level with your chin.

3. *Computer Glasses*

Not all glasses allow for optimal vision at the computer workstation.

TIP: Computer glasses can be prescribed that provide a full range of intermediate and near vision, and can meet your specific needs.

4. *Self Eye Care*

When working on the computer and concentrating on a task, or in a stressful situation, we tend to blink less and hold our breath more.

TIP: Correct Breathing, even and steady, can relax the eye muscles. Take breaks frequently (see The 20/20/20 Rule).

The 20/20/20 Rule: Every 20 minutes take 20 seconds and look 20 feet away ⁽¹⁾.

If you think you may be suffering from Computer Vision Syndrome schedule an eye exam today!

Reference:

(1) <http://eyecoderight.com/blogs/index.php?=12>