



TWOP News

TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry

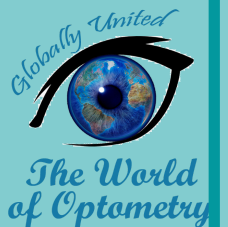


The World of optometry

COMPUTER

VISION

SYNDROME



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry

Introduction

Computer vision syndrome, also referred to as digital eye strain, describes a group of eye- and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use.



#TwopNews

Symptoms

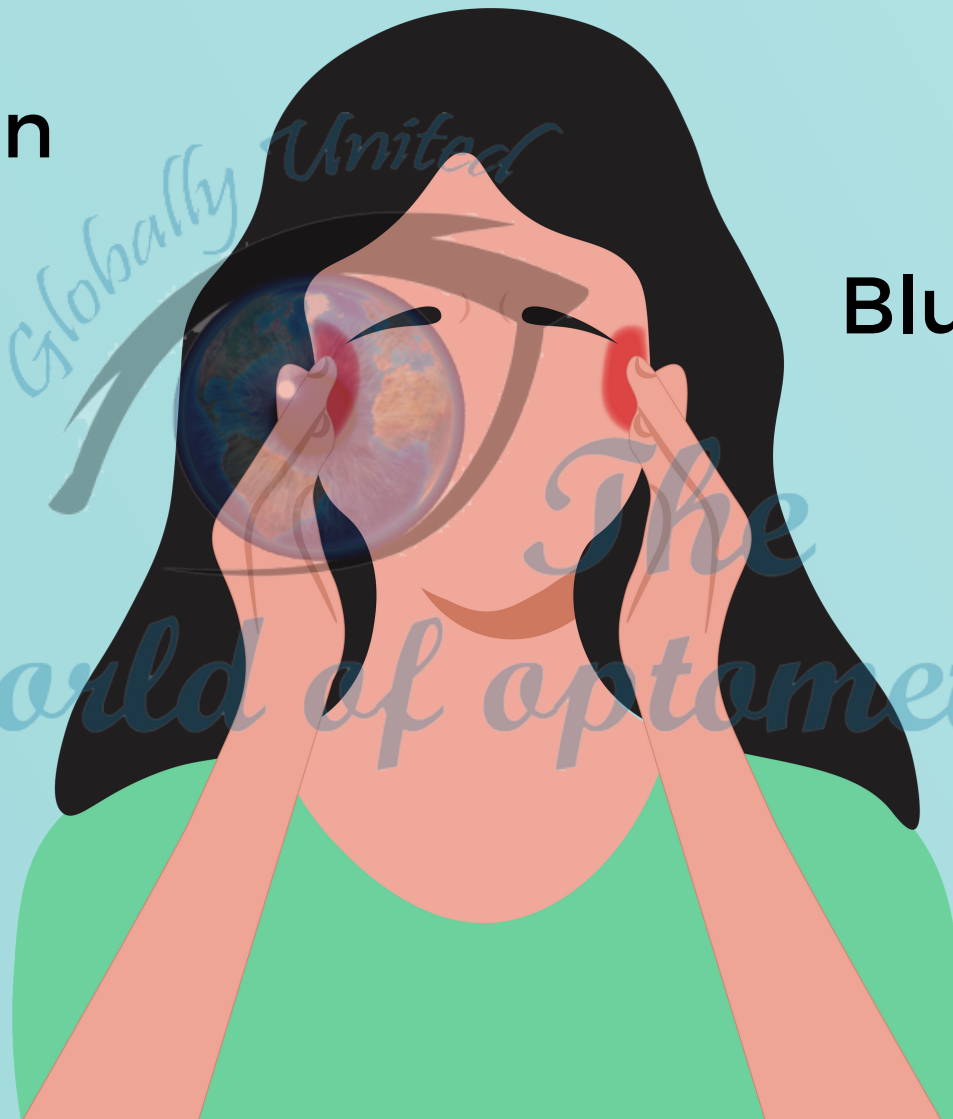
Headaches

Eyestrain

Blurred Vision

Dry Eyes

Neck and
Shoulder
Pain



#TwopNews

To Reduce Your Risk of Computer Eye Strain:

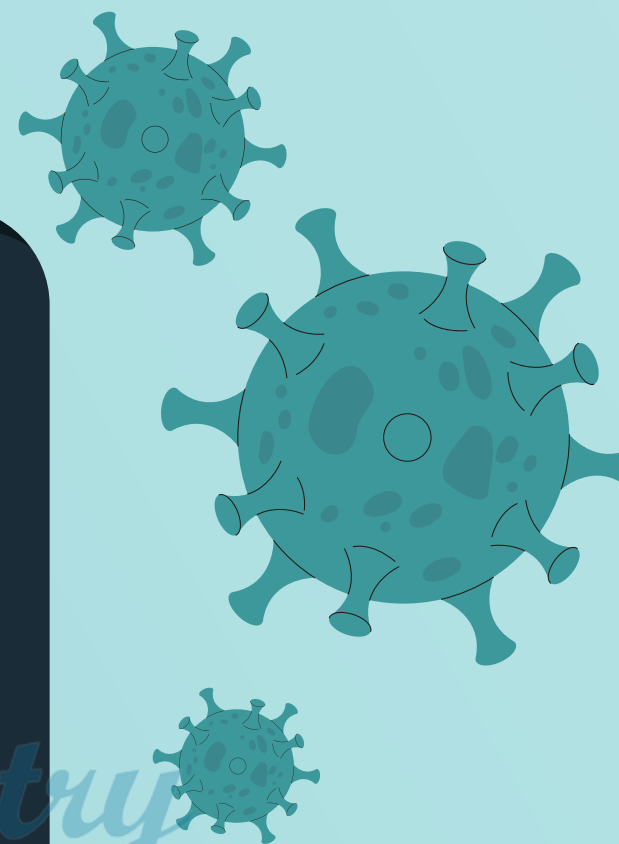
- Get a comprehensive eye exam.
- Use proper lighting.
- Minimize glare.
- Upgrade your display.
- Adjust your computer display settings.
- Blink more often.
- Exercise your eyes.
- Take frequent breaks.
- To reduce digital eye strain, follow the 20-20-20 rule: take a 20-second break to view something 20 feet away every 20 minutes.



#TwopNews

COVID-19 and Computer Vision Syndrome

Over past few months due to COVID-19 lockdown, our society has been in indoor settings where the education, work and entertainment are through digital platform. This created an exponential increase in rate of digital eye strain.



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry

DRAG TO THE SIDE
DRAG TO THE SIDE

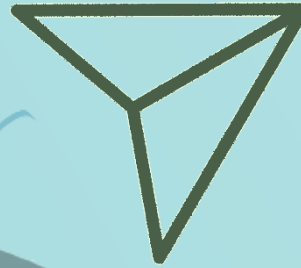
#TwopNews



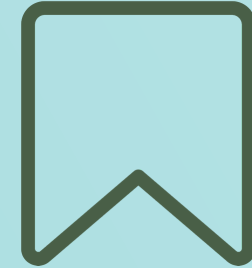
Wow, what a cool content



Leave your comments



Share with friends



Save, to consult in the future

The World of optometry



The World of Optometry



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry