TWOP

Save Your Vision Month
2021

#2 Computer Vision Syndrome

Introduction

- Every year, in March, National Save Your Vision Month in commemorate a campaign design to promote good eye health.

- This year, the American Optometric Association is promoting the awareness of digital eyestrain and the importance of receiving regular, comprehensive eye exams from an Optometrist.

Blue Light Exposure

- According to the 2016 AOA Eye-Q survey data, the average American spends seven hours per day using digital devices.

- Overexposure to blue light due to digital devices for extended periods of time can cause vision damage as well as lead to sleeping problems.

Digital life

- Our society has become and is becoming more and more computer-oriented to the exclusion of most other forms of information gathering.

- Much of our work and play now consists of using a computer. While they may make our jobs and play more fun, they can also cause severe damage to our eyes.

Computer Vision Syndrome (CVS)

Computer vision syndrome is a common and growing problem.

Symptoms:

- Tired or sore eyes

- Dry and red eyes

- Headaches

- Blurring of vision (slowness in changing the focus of your eyes).

Left untreated CVS, can cause permanent vision damage

How to combat CVS

The good news is, there is one simple step that can help to combat CVS and save your vision.

- When working on a computer for over 20 minutes, take a vision break and look away from the screen for at least 20 seconds, focus on something that is at least 20 feet away from you.
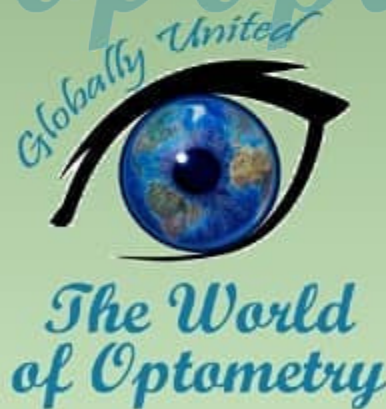
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