

FAQ

Will computer use make me go blind?

No. Research has proof that using a computer cannot make you blind. However, staring at a computer screen can certainly cause eye strain and fatigue. Instead, your eyes may feel tired or you may get eye pain or headaches.

What are the services offered by Ctrl+Alt+Del (CVS) Clinic at Sankara Eye Hospital?

The services offered at the in-house clinic are:

- Evaluation and consultation by experts in the field of Computer Vision Syndrome.
- Holistic treatment of Computer Vision Syndrome including Vision Therapy.
- Screening and diagnostic software that helps in thorough screening of Computer Vision Syndrome.
- Home Therapy System with which the client can undergo vision therapy at either his/her home/office.



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COMPUTER VISION SYNDROME



"Computer Vision Syndrome

is the complex of eye and vision problems related to near work which are experienced during or related to computer use. It results from focusing eyes on a computer display for protracted, uninterrupted periods of time."

Studies indicate that 50% to 90% of computer users suffer from visual symptoms of Computer Vision Syndrome.



The symptoms of Computer Vision Syndrome can be one or all of the following:

Eye strain | Headaches | Blurred vision | Dry eyes
Temporary blurring of near or distance vision
Light sensitivity | Red and watering eyes | Neck and back pain

The symptoms associated with Computer Vision Syndrome result in a gradual deterioration in the quality of life of an individual due to the fatigue associated with it. Studies have shown that Computer Vision Syndrome negatively impacts productivity of computer workers.

What causes Computer Vision Syndrome ?

Regular use of computers for more than 3 hours a day is known to predispose to Computer Vision Syndrome in the presence of one or a combination of the following factors:

Uncorrected vision problems | Poor lighting
Improper viewing distances | Glare from the computer screen
Poor seating posture

Pixels in a computer are brightest at the centre and become dim towards the edges. Due to this, the eye muscles have to adjust constantly to maintain focus. The computer can make the eye focus nearly 25,000 times in a single day, as a result of which eye muscles work 3 times harder and blinking reduces by 70%.

All these factors add to the burden placed on the visual demands while working on the computers and thus contribute to the problem.

TREATMENT

The symptoms associated with Computer Vision Syndrome can largely be resolved with right diagnosis, proper management of environment and by providing proper visual care for computer workers.

Treatment or prevention of Computer Vision Syndrome is achieved by:

- ▶ Wearing proper prescription glasses and eye drops that help in overcoming dry eyes.
- ▶ Giving eyes a break in every 20 minutes by focusing on objects at least 20 feet away.
- ▶ Positioning the computer monitor right in front of you at a distance of 25 inches and 6 inches below horizontal eye level.
- ▶ Working on darker fonts on lighter backgrounds or vice versa.
- ▶ Avoiding direct exposure of eyes to light and monitor reflection.
- ▶ Avoiding sitting directly in the air stream from an AC.