

EYE HEALTH

HEADACHES Blurry Vision **DRY EYES** Fatigue **EYESTRAIN** Neck Ache **Loss of Focus** **LIGHT SENSIVITY** Double vision **Headaches** **BLURRY VISION** Dry Eyes **FATIGUE** Eyestrain **NECK ACHE** Loss of Focus **HEADACHES** **DOUBLE VISION** Blurry Vision **DRY EYES** Fatigue **EYESTRAIN** Loss of focus **LOSS OF FOCUS** **LIGHT SENSIVITY** **Headaches** **BLURRY VISION** Dry Eyes **FATIGUE** Eyestrain **NECK ACHE**

Are you suffering from Computer Vision Syndrome?

An alarming **50 to 90 percent of computer users** suffer from the visual symptoms of Computer Vision Syndrome (CVS). If you or your child spend more than two hours each day in front of a computer screen, you are likely to experience the symptoms of CVS.

CVS is the combination of eyestrain and body strain that results from prolonged computer use. When the eye and body muscles are held in the one position for too long they begin to strain, resulting in a plethora of frustrating and tiring symptoms.

The symptoms of CVS generally include eyestrain, headaches, loss of focus, blurry vision, double vision, dry eyes, irritation and neck and shoulder pain. If left untreated, the symptoms of CVS can significantly worsen and affect your productivity and well being.

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The good news is, once diagnosed correctly by an experienced Optometrists, CVS can easily be treated.

Computer glasses may be prescribed that have special anti-reflective coatings and exercises may be given to take the strain off your eyes and improve stamina at the computer.

Lubricating eye drops and gels and dietary supplements may be prescribed to relieve the symptoms of dry eyes related to computer use.

Small changes to your work-station and the right eye care advice can make a big difference to your comfort and productivity.

10 Top Tips to help you Combat CVS!

1. Have a **COMPUTER EYE EXAM!**

This is the most important thing you can do to prevent or treat computer vision problems. The Eye Practice has treated thousands of cases of CVS and is here to give you expert advice.

2. Modify your **WORK-STATION!**

Position your computer screen arms length away and 20 degrees below eye level. Maintain a good posture with your forearms parallel to the desk-top when you type and your feet flat on the floor. Make sure you have an ergonomic chair that provides good support to your back.

3. Use good **LIGHTING!**

Reduce harsh interior light by lowering the intensity of light bulbs and tubes. A desk light may help but position it from the side so that it does not reflect in your eyes.

4. Minimise **GLARE!**

If you wear glasses, make sure an anti-reflective coating has been applied to your lenses. Reduce harsh exterior lighting by closing curtains or blinds. Position your monitor so that windows are to the side of it, instead of in front or behind.

5. Take frequent **BREAKS!**

Every 20 minutes take a break from your computer screen to relax your eyes.

6. **BLINK** more often!

Blinking more often will help to lubricate your eyes and keep them comfortable.

7. **LUBRICATE** your eyes!

The Eye Practice can prescribe lubricating eye drops or gel to keep your eyes hydrated and comfortable.



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8. **EXERCISE** your eyes!

If you are experiencing blurred or double vision, The Eye Practice can prescribe special eye exercises to improve your control over your eye movements.

9. Use the **20-20-20 RULE!**

Every 20 minutes take a break from your computer and walk 20 paces, focus in the distance at least 20 feet away and blink 20 times to lubricate your eyes.

10. **EAT** for your **EYE HEALTH!**

A well balanced diet packed with fruit and vegetables will help to keep your eyes healthy. The Eye Practice stocks TheraTears Nutrition, a specially formulated supplement containing Omega-3 that has been clinically proven to help keep your eyes hydrated and healthy.

High-tech lenses!

Spectacle lenses at the higher end of the market use the latest in technology to provide vision correction with the closest options to natural vision.

The materials for lenses at the top end of the market are noticeably thinner, lighter and more impact resistant. A high index lens has a lower magnification that will stop the eye looking magnified when a high prescription is required.

Lens coatings reduce reflections, which is highly important for computer use and safe night driving. These coatings improve the cosmetic appearance of the glasses by increasing lens transparency and also reduce scratches and smudges.

High-tech frames that are precision engineered to position your lenses for optimum vision are well worth the



investment. Ill fitting frames are notorious for causing CVS, therefore it is imperative that your frames are fitted by an optical specialist.

Progressive lenses allow the use of the maximum area of the lens while providing near, intermediate and distance viewing without obvious changes in focus.

The Eye Practice offers the latest lenses that are custom designed to suit you!

Give Your Eyes a Work Out!

There are six muscles attached to each of our eyeballs that move our eyes in the direction that we want. Like the other muscles in our body, they benefit from being kept in shape!



Regular exercise will increase your eye muscle strength while improving circulation to the eye as a whole.

Any type of exercise is best eased into gradually. Keep your eyes in shape by holding your head still and moving your eyes as far as you can to the right and then to the left. Repeat this movement ten times. Now move your eyes as far upwards and downwards as you can and repeat ten times.

If you are suffering from the symptoms of CVS, in particular blurred or double vision, The Eye Practice may prescribe you special exercises to increase the strength of your eye muscles and enable you to control your eye movements. This will take the strain off your eyes when doing computer work.



Be REWARDED!

Recommend 1 friend to The Eye Practice and receive a **\$50 voucher!**

Recommend 2 friends and receive a **\$100 voucher!**

Recommend 3 friends and receive a **\$150 voucher!**

Simply have your recommended friends tell us that you referred them!

Terms & Conditions: Vouchers may be used to purchase frames or sunglasses at The Eye Practice and are not transferrable to other products. Vouchers are valid for 12 months and may be given to a friend to use.

Thank you for subscribing to The Eye Practice's monthly newsletter. We hope you have enjoyed our June 2009 issue and that it has provided you with useful information. If you have any queries regarding any of the topics discussed this month, or have any topics you would like us to discuss, please email us at:

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