



PRESS RELEASE

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FOR IMMEDIATE RELEASE

Photo Attached



Computer Vision Syndrome and Your Eyes

Workplace Eye Wellness Month

(Honolulu, Hawaii), March 12, 2014 – The average American clocks in nearly 1,800 hours of work a year, according to the Organization for Economic Co-operation and Development, and that means spending a lot of time staring at a computer screen for many people. Studies show that 50 to 90 percent of computer users experience symptoms related to computer vision syndrome (CVS), including dry eyes, blurred vision and headaches. The American Academy of Ophthalmology designates March Workplace Eye Wellness Month to remind you to keep your eyes safe while on the job.

“The good news is that there is currently no scientific evidence that CVS causes any permanent damage to the eyes,” said Dr. Christopher Tortora, medical director of the Hawaiian Eye Center and Dry Eye Clinic. “But some experts believe daily computer use contributes to an increased incidence of dry eye disease. Dry eye disease can lead to ulcers, scarring of the cornea and even vision loss if left untreated.”

The first important step in workplace eye safety is to make sure your eyes don’t suffer from any refractive errors. The National Eye Institute estimates that 11 million Americans 12 and older have some form of refractive errors, which include myopia (nearsightedness), hyperopia (farsightedness), prebyopia (difficulty focusing on close objects due to eye lens aging) and astigmatism (blurred vision at all distances). Having the proper glasses, contacts or, in some cases, surgery to correct these issues will decrease any added strain to your eyes.

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Next, adjust your workstation:

- Position computer monitor so it's between 20 and 40 inches from your eyes, making sure to sit upright with back support from your chair
- Adjust chair so monitor is just below eye level and center of screen is viewed at a downward angle between 15 and 20 degrees
- Reduce glare using screen covers, lower lighting and curtains or blinds
- Change monitor's contrast and brightness to a level comparable to the surrounding light

Finally, follow these easy tips and exercises:

- Remember to blink frequently to rehydrate your eyes
- Use the 20/20/20 rule: every 20 minutes, focus on an object at least 20 feet away for 20 seconds
- Look at a distant object for 10 to 15 seconds, then look at an object up close for 10 to 15 seconds (repeat exercise 10 times to prevent eyes from locking up focus)
- Try over the counter lubricating eye drops (differs from just redness relief so check label)

If CVS symptoms become chronic or significant, speak with your eye care professional to see if special computer glasses are needed or treatment for dry eyes is recommended.

Dr. Christopher Tortora, a board certified ophthalmologist, is host of "The Hawaiian Eye Show," a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM/rebroadcast at 9 p.m. on KHBZ 990 AM. He and his colleagues at the Hawaiian Eye Center are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call the Hawaiian Eye Center at 621-8448 or visit www.HawaiianEye.com and www.Facebook.com/HawaiianEyeCenter, where "life has never looked better."

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