



PRESS RELEASE

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FOR IMMEDIATE RELEASE

Photos Attached

Computer Eye Strain in the Workplace

Tips and Exercises to Keep Your Eyes in Focus

(Honolulu, Hawaii), April 24, 2013 – Spending endless hours staring at a computer monitor at work has become the norm for many people, and that can take a toll on your eyes. Up to 90 percent of computer users experience symptoms related to computer vision syndrome (CVS), including dry eyes, blurred vision and headaches.

There is no scientific evidence that CVS causes any permanent damage to the eyes, but some experts believe that 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 not treated.

“If CVS symptoms are significant, speak with your eye care specialist to see if additional treatment for dry eyes is recommended,” said Dr. Christopher Tortora, M.D., medical director of the Hawaiian Eye Center and its accredited Dry Eye Clinic. “The good news is that typically the effects of CVS are temporary and can be minimized or avoided with regular visits to your eye doctor and simple tips and exercises.”

The first important step is to get an eye exam at least once a year from your doctor or eye care professional. An estimated 11 million Americans 12 and older have some form of refractive errors, according to the National Eye Institute.

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Refractive errors include myopia (near-sightedness), hyperopia (farsightedness), prebyopia (aging of the eye lens causing difficulty focusing on objects up close), and astigmatism (blurred vision at all distances). Making sure you have the correct glasses, contacts or, in some cases, surgery to correct these issues will decrease any added, unnecessary strain to the eyes.

The next step is to be mindful of your workspace and adjust your surroundings:

- Position monitor between 20 and 40 inches from your eyes to the front of the computer screen making sure your back is supported by your chair with upright posture.
- Adjust chair and monitor so that the top of the screen is just below eye level. The center of the screen should be viewed at a downward angle between 15 and 20 degrees.
- Reduce glare through the use of screen covers, lower lighting and curtains or blinds.
- Change the display's contrast and brightness to a level comparable to the surrounding light.

Finally, follow these quick and easy tips and exercises:

- Remember to blink frequently because it is necessary to rehydrate the eyes. People tend to blink much less when staring at a computer screen.
- Use the 20/20/20 rule — every 20 minutes take a break and spend 20 seconds focusing on an object at least 20 feet away.
- Look at a distant object for 10 to 15 seconds, then look at an object up close for 10 to 15 seconds. Repeat this 10 times to prevent accommodative spasms that cause the eyes to lock up focus.
- Try over the counter lubricating eye drops — they are different from popularly advertised brands that relieve redness so make sure to read the label carefully.

Dr. Tortora, a board certified ophthalmologist, is host of "The Hawaiian Eye Show," a weekly informational radio program about healthy vision on KHVH (830 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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